

MOUNTAINEER

Vol. 64, No. 12

Published in the interest of the 7th Infantry Division and Fort Carson community
Visit the Fort Carson Web site at www.carson.army.mil

March 24, 2006

Changes will impact many

Fort Carson Public Affairs Office

Within the next two to four years, Fort Carson will see change in the form of new missions, new brigades and a total population of about 25,000 Soldiers, up from the current 17,000.

The Directorate of Public Works and 7th Infantry Division shed some light on the details of this growth and change, and the accommodations Carson plans to make.

There is a major construction plan in the works that will include four motor pools with 30 company operations centers, six motor pools with 32 company operations centers, 12 battalion headquarters and three brigade headquarters, said Terry Burns, the modularity project manager for DPW's master planning division.

These new facilities will help accommodate the units coming to Carson as part of the post's ongoing transformation, a transformation that will increase the post population by almost 10,000, according to Maj. John Gossart, deputy, 7th ID plans and operations.

Over the next two to three years, the 4th Infantry Division and three of its four brigade combat teams are slated to move to Fort Carson from Fort Hood, Texas, said Gossart. The 3rd BCT of the 4th ID will remain as part of the 4th ID at Fort Carson.

DPW plans to construction completed on the headquarters building for the 4th ID at Fort Carson by December 2009, Burns said.

Two of the three 4th ID BCT movements won't have much of an impact on the Soldier population at Fort Carson, said Gossart. 2nd BCT, 4th ID moves to Fort Carson as the 3rd Armored Cavalry



The increase of barracks space, which includes the renovation of these on the "Banana Belt" on Fort Carson, is just one of the changes to Fort Carson that will help facilitate a major troop expansion here. Other plans include a new headquarters building for the incoming 4th Infantry Division.

Regiment moves to Fort Hood this summer. The 2nd BCT, 2nd Infantry Division, will become the 4th BCT, 4th ID.

While that move won't greatly affect population growth on Fort Carson, the addition of 4th ID headquarters consisting of about 1,200 troops and 4th ID's 1st BCT will. These additions will almost double the brigade combat team popula-

tion at Carson from what it was before the arrival of the 2nd BCT, 2nd ID.

Another Carson unit being built up is the 43rd Area Support Group, said Gossart. It will have a new engineer battalion under its command, and there will be a new quartermaster unit under its

See **Changes** on Page 22

INSIDE THE MOUNTAINEER

Opinion/Editorial

Bridging the communication gap . . . 2
Post Talk . . . 2

News

Bush says Iraq strategy working . . . 3
Scam targets TSP participants . . . 4

Military

64th BSB pulls FOB protection . . . 5
Troops celebrate with sweat . . . 6
Military Briefs . . . 7
Army awards first referral bonus . . . 8
3rd HBCT platoon shadows Iraqis . . 9

Army needs to fill warrant ranks . . 10

Community

Alcohol abuse affects many . . . 11
Carson egg hunt expanding . . . 12
Community Briefs . . . 13
CSM extends to fill hole in 43rd ASG 14
Healthcare premium increase . . . 15
Dispatcher awarded for cool head . 16
Winds of life rage . . . 18
Chaplain Briefs . . . 19
3rd ACR troops get Texas 'howdy' . 20
VA center helps entrepreneurs . . . 24
Yard sale program begins April 1 . . 26

Feature

Vice chief of staff visits troops . . 28-29

Happenings

Indian Museum in La Junta . . . 29-30
Get Out . . . 31-32

Sports

Elite fighter ready for challenge . . 39
Post rugby team loses first game . . 44

Classified advertising (719) 329-5236
Mountaineer editor (719) 526-4144
Post information (719) 526-5811
Post weather hotline (719) 526-0096

MUST SEE



Vice chief of staff visits Carson.
See Pages 28-29

Shuttle service resumes

by Spc. Aimee Millham

Mountaineer staff

The free Fort Carson post shuttle service will be reinstated April 3.

The service is part of an effort to conserve energy costs and reduce the road congestion that is expected to come with Fort Carson's projected population growth.

"Hopefully, Soldiers will use it for their official business during the day without using their own gas and clogging the roads," said Jennifer DeGraff, Fort Carson motor transport officer and contracting office representative.

Shuttles will run Mondays through Fridays from 8 a.m. to 8 p.m., at half-hour intervals.

The route will have 23 stops, starting at the 43rd Area Support Group barracks and ending at the lot across from post headquarters. Also, at several stops Soldiers can take the shuttle to Mountain Metropolitan Transit stops on post.

Four of the stops will have a covered shelter — the stops at the Army Community Service building, the mini mall, the post exchange and the hospital, DeGraff said.

Passengers must be 18 years or older unless accompanied by an adult, DeGraff said.

The shuttle service is being provided by the Directorate of Logistics and will go on for a six-month trial period. During this time, bus drivers will keep track of the number of people riding the shuttles and the most frequented stops, said Larry Wingo, the Fort Carson TMP operations supervisor.

Based on those statistics, the TMP will determine what changes, if any, need to be made to the service, DeGraff said. The motor transport office will take suggestions for additional stops. For suggestions and for more information call 526-3367. The bus route schedule will be published in the March 31 issue of the Mountaineer.

Bridging the communication gap

Commentary by Spc. Justin Harcum

3rd Armored Cavalry Regiment

On the way back on one of our convoys in Iraq, I waved to every individual we passed. Back home, that’s normal behavior: “Hey, there’s Bill cutting the grass; let’s throw him a hearty hello.” Or there’s Betty working over the flowerbed; a wave out the window is in order. But passing a parked pickup truck jammed with three Iraqi nationals is not quite the same.

I waved nevertheless from my military ambulance, seeing if there was any sort of response to what I deemed a universal sign of friendliness and trust. To my astonishment, one of the three reluctantly raised his hand and waved back. It was awkwardly executed and somewhat unnatural, but definitely a wave.

Otherwise, sadly, the three blank stares seemed to take some of the wind out of my sails. Once we passed, I’m sure the one guy who waved back at me, with embarrassment, lowered his hand and tried not to make eye contact with his two comrades. I wouldn’t doubt that after driving several miles in full silence, one of them would have broken the ice by asking, “What the heck was that, Ali, you waved

at the Americans?” The silence would then continue, as if some huge betrayal had occurred.

Kids, on the other hand, are something different. You would think we were driving ice cream trucks with obnoxious, incessantly redundant melodies screaming from our rooftops. Kids ran out to us in droves.

They waved, jumped up and down, yelled, did all sorts of dances and gyrations whose true meaning no one I have talked to can decipher. They most likely want us to throw them candy, but all they usually got from me is one of my hearty, overly animated waves, which I saw as sufficient but I’m sure leaves most of them utterly disappointed.

Anyway, I waved for roughly two hours on my drive back, and in response received everything from the children’s dances to sheepishly executed adult waves to stonecold death stares.

I guess if I were driving to work one morning and had to pull over to let an Army convoy from another country pass by, the last thing I would want to do is wave back at some goofy guy.

Soccer seems to be the universal language, however. At the nearby Iraqi army post there was an aid station where my fellow medics and I worked and

slept. Outnumbered by Iraqi soldiers, we were forced to overcome the language barrier in order to communicate, drink tea, watch Iraqi satellite television, beat each other at ping-pong and engage in some serious games of soccer.

Every evening, we would all meet and play small-sided games until we were exhausted, or until the sun went down. We don’t all speak Arabic, so the language of world soccer proved to be the universal means of communication.

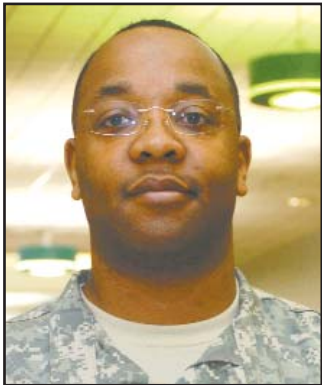
To overcome the difficulty of pronouncing and remembering their Arabic names, they proudly went by world known soccer players they slightly resembled (sometimes, a stretch) and whom we are all familiar with.

Names like Ronaldo, Roberto Carlos, Figo and Zidane replaced multifaceted Iraqi names that required sounds that my native language doesn’t allow me to make.

Conversely, I was usually referred to as “captain,” “Michael Owen,” or “Harkoom” (instead of Harcum). They even sometimes called other American players “Harkoom,” as if my name were interchangeable.

We were a rag-tag bunch, thrown together by circumstances, but it was a good time, nonetheless.

POST TALK: What career would you have chosen if you hadn’t joined the Army?



“I would’ve gone to college and studied computer science.”
Sgt. 1st Class Steven Sherrod
2-12th Infantry



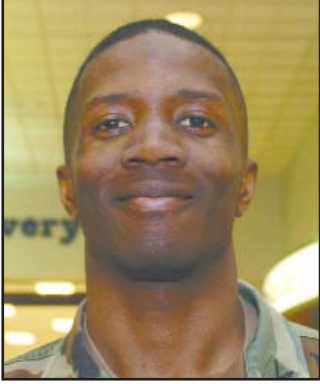
“I would’ve pursued my music career, song-writing.”
Spc. Robert Garcia
2nd BSB, 2nd ID



“I would’ve followed the family footsteps and gone into the restaurant business.”
Warrant Officer Robert Lehman
71st EOD



“I would’ve continued my job as a probation officer in L.A. – helping kids out.”
Sgt. Luis Armijo
91st Training Brigade



“I would’ve been a history teacher; that was my major in college.”
2nd Lt. Errol Davis
329th Field Artillery

MOUNTAINEER

Commanding General: Maj. Gen. Robert W. Mixon Jr.
Public Affairs Officer: Lt. Col. David Johnson
Acting Chief, Print and Web Communications: Karen Linne
Acting Editor: Sgt. Matt Millham
Staff Writers: Spc. Clint Stein
Spc. Aimee Millham
Happenings: Nel Lampe
Sports Writer: Walt Johnson
Layout/graphics: Jeanne Mazerall

This commercial enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of the Mountaineer are not necessarily the official view of, or endorsed by, the U.S. Government or the Department of the Army. Printed circulation is 12,000 copies.

The editorial content of the Mountaineer is the responsibility of the Public Affairs Officer, Fort Carson, CO 80913-5119, Tel.: (719) 526-4144. The e-mail address is mountaineereditor@carson.army.mil.

The Mountaineer is posted on the Internet at <http://public.carson.army.mil/sites/PAO/mountaineer/archives/forms>.

The Mountaineer is an unofficial publication authorized by AR 360-1. The Mountaineer is printed by

Colorado Springs Military Newspaper Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson. It is published 49 times per year.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Colorado Springs Military Newspaper Group, of the products or services advertised. The printer reserves the right to reject advertisements.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other

nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All correspondence or queries regarding advertising and subscriptions should be directed to Colorado Springs Military Newspaper Group, 31 E. Platte Avenue, Suite 300, Colorado Springs, CO 80903, phone (719) 634-5905.

The Mountaineer's editorial content is edited, prepared and provided by the Public Affairs Office, building 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated.

NEWS

Bush says Iraq strategy working

by Donna Miles

American Forces Press Service

WASHINGTON — President George W. Bush pointed to the dramatic turnaround in Tal Afar, Iraq — a city once gripped by terrorist oppression — as concrete evidence that the national strategy for victory in Iraq is working during a speech Monday.

Speaking at the City Club of Cleveland, a free speech forum, the president said developments in Tal Afar show clear progress on the political, security and economic fronts and proof that the Iraqi people want to live in freedom.

Calling the northern Iraqi city with its diverse population "a microcosm of Iraq," the president said it's example "gives me confidence in our strategy."

Tal Afar's 200,000 residents lived under the intimidation of insurgents who were using the city as a base to organize, train and equip terror cells.

U.S. and Iraqi forces drove out the insurgents in "Operation Restore Rights," in fall 2005. Government forces are now rebuilding housing, schools and other facilities.

Iraqi forces took the lead in securing neighborhoods and, during two weeks of intense activity, killed 150 terrorists and captured another 850,

the president said. In addition to ridding the city of terrorists who'd established a hold there, the effort won the citizens' confidence and encouraged them to participate in their country's new democracy, he said.

"In this city, we see the outlines of the Iraq that we and the Iraqi people have been fighting for," Bush said. "A free and secure people are getting back on their feet ... (and) participating in government and civic life."

The story of Tal Afar also shows that with a basic level of safety and security, Iraqis can live together peacefully, he said.

Bush said the strategy for victory is working, and "we know it because the people of Tal Afar are showing their gratitude." He cited a letter from Najim Abdullah Abid Al-Jibouri, the city's mayor, praising "the courageous men and women of the 3rd Armored Cavalry Regiment, who have changed the city of Tal Afar from a ghost town, in which terrorists spread death and destruction, to a secure city flourishing with life."

The mayor called these Soldiers "avenging

angels sent by the God himself to fight the evil of terrorism."

Bush said it's understandable how U.S. citizens who see horrific news images from Iraq but never hear of successes like the one in Tal Afar might question the U.S. mission there. "I understand how Americans have had their confidence shaken," he said.

The war in Iraq has "tested our resolve" as a nation, the president said. "The fighting has been tough. The enemy has proved to be brutal."

"In (Tal Afar), we see the outlines of the Iraq that we and the Iraqi people have been fighting for."

In the face of this adversary, the United States has adapted to reflect realities on the ground. Bush described how the situation in Tal Afar gave rise to the

new "clear, hold and build" approach that's being used throughout Iraq. That strategy builds on cooperation between coalition and Iraqi forces and new capabilities within Iraq's forces, he said.

Under this new approach, Iraqi and coalition forces would clear a city of the terrorists

Scam targets TSP participants

by **Samantha L. Quigley**

American Forces Press Service

WASHINGTON ■ Participants in the Thrift Savings Plan are targets of a [phishing] scam, an official with the board administering the program said Monday.

Tom Trabucco, director of external affairs for the Federal Retirement Thrift Investment Board, said phishing is an [attempt] to get recipients of the unsolicited e-mail to compromise themselves by giving up their personal financial information.[]

Thrift Savings Plan administrators would never request personal or financial information via e-mail, Trabucco said.

The Federal Retirement Thrift Investment Board alerted Thrift Savings Plan coordinators to the scam in a March 17 memo, the day after the scam was discovered. The memo described it as an unsolicited e-mail with a link to a bogus Web site appearing to be the thrift plan's account-access site.

The bogus site asks for a recipient's Social Security and Thrift Savings Plan personal identification numbers. Entering this information takes the user to another screen where they are asked for financial information, including a credit card number, he said, adding that this information can be used to steal an individual's identity.

As long as participants have not responded to this scam e-mail, their accounts have not been compromised, investment board officials said in the memo. Those who did respond should contact their financial institutions immediately for guidance. They should also call the Thrift Savings Plan at (877) 968-3778 and ask to have their account access blocked, according to the memo.

Participants are encouraged not to attempt to access their accounts by clicking links offered in any e-mail, according to the memo. Only by opening a new Internet browser and typing the Thrift Savings Plan's Web site into the address field can a participant be sure of accessing the authentic thrift plan Web site.

The thrift plan is a retirement savings plan for

Speech

From Page 3

leave well-trained Iraqi units behind to hold the city, and work with local leaders to build the economic and political infrastructure Iraqis need to live in freedom,[] the president said.

Turning Tal Afar and other Iraqi cities over to Iraqi control enables U.S. forces to move on to other areas to hunt for [high-value targets] like Abu Musab al-Zarqawi, Bush said. But he noted that it also accomplishes another, even more important objective. [By turning control of these cities over to capable Iraqi troops and police, we give Iraqis confidence that they can determine their own destiny,] he said.

Today, Tal Afar represents a shining example of democracy taking hold in Iraq, the president noted. And that's the United States' and coalition's ultimate goal for Iraq, he said. The decision to enter Iraq three years ago was difficult, Bush acknowledged, but he insisted, [The decision to remove Saddam Hussein was the right decision.]

Bush called Iraq the central front in the

MILITARY

64th BSB pulls FOB protection

Story and photo by
Spc. Lee Elder

133rd Mobile Public Affairs
Detachment

BAQUABAH, Iraq □ The Mountaineer Academy is designed to turn legal clerks, medics and truck drivers into a single unit charged with protecting the lives and property of all those who are stationed at Forward Operating Base Warhorse.

Prior to going on shift as a member of the base's force protection, Soldiers must complete the daylong academy training. It includes a review of the duty's guard posts, rules of engagement, a weapons systems refresher and, finally, an orientation on the guard post itself.

□You guys are a very important piece,□ said 1st Lt. William Cunningham, who serves as force protection officer for FOB Warhorse. □Don't discount the importance of your duties over the next couple of weeks.□

Cunningham, who hails from Berryville, Va., presides over the initial briefing along with the sergeants of the guard. He tells the incoming guard force that they need to be in the proper uniform whenever they are on duty and that they must remain vigilant as a deterrent against insurgent forces.

One of the sergeants of the guard is Sgt. Anthony Smith from Compton, Ky. A former Marine, Smith is a missile systems technician assigned to the Base Defense Operating Center.

□You stay busy,□ Smith said. □It keeps you occupied.□

Smith works a 12-hour shift each day. He is responsible for ensuring guards are properly stationed and is the first person notified if anything out of the ordinary happens.

Many Soldiers have varying degrees of experience both in the Army and familiarity with weapons systems used in the base's defense array. While some have served here during previous rotations, oth-



Under the watchful eye of Sgt. Doug Winchester, 64th Brigade Support Battalion's Pfc. Yolanda Santos takes aim with a .50-caliber machine gun.

ers are fresh out of advanced individual training.

□The hardest part is training up some Soldiers who have never been on guard,□ Smith said. □It's our job to make sure they are mentally

prepared to handle the different guard posts.□

The force handles security at all the post's gates and towers as well

Troops celebrate with sweat

Story and photo by Spc. Lee Elder

133rd Mobile Public Affairs Detachment

BAQUABAH, Iraq — A staff officer with the 3rd Heavy Brigade Combat Team, 4th Infantry Division, logged a time of 20 minutes, 31 seconds to earn top honors at the Forward Operating Base Warhorse St. Patrick's Day 5-kilometer run.

The run was hosted by the base's Morale, Welfare and Recreation office and had about 20 participants. It's going to be the first of several competitions held at this base in northern Iraq, said Chad Stroud, FOB Warhorse's MWR supervisor.

Leesville, La., native Maj. Jon Howerton, who serves as effects coordinator for 3rd HBCT, logged the winning time in the event. The top female finisher was 1st Lt. Julie Zavage, a battle captain with 64th Brigade Support Battalion, who hails from Pittsburgh.

Both were awarded a \$20 gift certificate from the Green Bean, the post's coffee shop. Second- and third-place winners won extended stays at the MWR Internet Café.

While she was pleased with her prize, Zavage said she mainly runs for enjoyment. It's something she often does back Fort Carson, she said.

"It gets me up and gets me going," Zavage said. "I enjoy the fresh air, and I feel like I have a lot more energy when I get up and run in the mornings."

Runners up in the male competition were 1st Lt. Clay Keel, Company C, 64th BSB, and 1st Lt. Ahren Reiter of Company E, 1-8 Combined Arms Battalion. Capt. Alyssa Schwenk, the 3rd HBCT judge advocate, was the second-place finisher in the women's division.



1st Lt. Julie Zavage (left) and 1st Lt. Ahren Reiter, both members of Fort Carson's 3rd Heavy Brigade Combat Team, dash toward the finish line during the Forward Operating Base Warhorse 5-kilometer run on St. Patrick's Day. About 20 3rd HBCT Soldiers ran in the event.

The March 17 run was the first since the Colorado-based Soldiers made the transition to the base camp in January. The numbers weren't high due to the unit's operational tempo and units holding Army physical fitness testing, said Stroud.

"I thought it went pretty well for the first time," said Stroud. "(MWR) will get more popular as other events come along."

MWR plans to host events marking March Madness April 1-3.

Military briefs

Miscellaneous

ACS Career Fair — A career fair today, sponsored by Army Community Service's Employment Readiness Program in partnership with local companies from Colorado Springs and surrounding areas, will be held at the Special Events Center from 11:30 a.m.-2:30 p.m. today. Come prepared for an interview with a resume and portfolio. For more information call 526-4590/0452.

Officer Candidate School board — OCS local board packets must be turned in to the 502nd Personnel Services Battalion, bldg 1118, room 208, no later than May 16. Packets will be consolidated and those meeting eligibility requirements will be scheduled for the local OCS board to be held May 23-24 in the Elkhorn Conference Center, bldg 7300. Approved packets will be forwarded to the Department of the Army for approval during the week of July 17. Point of contact for this information is Darlene Roberts at 526-2155/6481.

CID needs Soldiers and civilians — The U.S. Army's Criminal Investigation Command is seeking qualified applicants to become criminal investigators. To qualify, candidates must be U.S. citizens, at least 21 with at least two years of service but not more than eight, have at least 60 semester hours of college credit and a general technical score of at least 110. Police experience is preferred, but not required. CID is also looking for qualified civilians to become special agents. To apply or for more information visit the Internet at www.cid.army.mil or contact your local CID office.

Learn to entertain — The Fort Carson Officers' Spouses' Club presents "Hostess with the Mostest" April 19 from Noon-2pm at the Elkhorn Conference Center. The event costs \$12. Food will also be served. Both regular and light meals are available.

R.S.V.P. by April 13th to Alicia Hall 559-9315

Child Abuse Prevention month — "The Positive Power of Prevention," will be held March 31st at the Olympic Training Center from 5:30 p.m.-8 p.m.

The event is free and open to the public. The rally provides entertainment, refreshments, interactive family activities and speakers. Activities include face painting, live music, caricature artists, clowns, dance troupes and more.

For more information contact Alpha at 442-6337 or visit our website at www.fetcs.org/ppfc.html. Volunteer opportunities available.

Dumpsters — Per CSM Van Dyke, ensure all trash dumpsters remain closed and secured at all times, especially during periods of high winds.

DPW services — Do you know who to call when a windstorm causes damage to your facility, overflows a portable latrine or when trash containers are overflowing? The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — LB&B service order desk at 526-5345. Use this number for emergencies or routine tasks.

- Refuse/trash — Virgil Redding at 526-6676. Call when needing trash containers, trash is overflowing or emergency service is required.

- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.

- Elevator maintenance — Call Larry Haack at 526-6669.

- Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.

- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools

and equipment or a motorized sweeper.

- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

Please note the above phone numbers and POCs do not apply to family housing facilities.

Female sexual abuse survivors — A group for active-duty female sexual abuse survivors meets Thursdays at Evans Army Community Hospital's Behavioral Health section. Call 526-7177 and ask for Dr. Kay Beaulieu for more information.

Learning Resource Center offerings — The Learning Resource Center, located in the Fort Carson Education Center, bldg 1117, room 216, offers academic review including GT preparation, GED assistance, placement tests including SAT, ACT, GRE, GMAT and more.

Patrons may also use computers to check e-mail, surf the Internet or navigate desktop application tutorials. Hours of operation include Monday-Thursday 9 a.m.-9 p.m., Friday 9 a.m.-8 p.m., Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. For more information call the Learning Resource Center at 526-4058/8077.

Laundry service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in.

Allow enough time; it is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turnaround for service is 72 hours. No appointment is necessary.

The post laundry will not clean personal items like battle dress uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear.

Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, combat vehicle crewman jackets and most web equipment.

Hours of operation are 7:30 a.m.-noon and 12:30-3:45 p.m., Monday through Friday, except holidays. For information call 526-8806/8804.

CIF Hours

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m.-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30 a.m.-11:30 a.m.

Initial issues

Mondays through Fridays from 7:30-11:30 a.m.

Partial issues

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Cash sales/report of survey

Mondays through Thursdays from 7:30-11:30 a.m. and 12:30-3 p.m. and Fridays from 7:30-11:30 a.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30-3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays call 526-3321.

Unit issues and turn ins

Call 526-6477/5512 for more information.

Hours of operation

Education center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

Counselor Support Center — Monday

through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

Army Learning Center and Basic Skills Classes — Monday through Thursday, 9 a.m.-noon, closed training holidays.

Defense Activity for Nontraditional Education Support and Advanced Personnel Testing — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

Basic Skills Education Program/Functional Academic Skills Training — Monday through Thursday, 1-4 p.m., closed training holidays.

eArmyU Testing — Monday and Wednesday-Friday, 8 a.m.-2:30 p.m., closed training holidays.

Military Occupational Specialty Library — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m., closed Friday and federal and training holidays. To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Indianhead Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Air Field — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Striker Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Briefings

Special Forces briefings — Special Forces briefings will be conducted weekly in bldg 1217, room 304. Briefings are Wednesdays at 10 a.m. and noon.

All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information contact Sgt. 1st Class Kristopher Ball at 524-1461.

Army Career and Alumni Program briefing — The Army Career and Alumni Program pre-separation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. All users of ACAP must know their Army Knowledge Online user name and password. If you do not know your AKO user name or password call (877) 256-8737. ACAP pre-separation briefings are held Monday through Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m., bldg 1118, room 133, located across from the Welcome Center. Please call 526-1002 to schedule an initial pre-separation briefing.

ETS briefing — Due to the high volume of 3rd Armored Cavalry Regiment Soldiers returning from Iraq, the expiration of term of service briefing will be conducted twice every Tuesday, at 7 a.m., and 1 p.m. in bldg 1042, room 310.

Army awards first referral bonus

by Sgt. Ken Hall

Army News Service

WASHINGTON — Troops are now taking advantage of the Army's new \$1,000 referral bonus, a pilot program that began Feb. 17.

Sgt. Jeffrey Kauten, of the Army Reserves Detachment 4, 2300 Military Intelligence Group, Charlottesville, Va., was the first Soldier to qualify under the latest recruiting incentive that pays Soldiers a \$1,000 lump sum payment for referring applicants who enlist, complete basic training, and graduate advanced individual training.

"An old friend of mine was looking for a job in my career field and he called me because he knew that I was in the same field," said Kauten. "He had just graduated college and couldn't find a job."

To receive the \$1,000 referral bonus, the Soldier making the referral must provide the name of the applicant as a referral prior to the applicant conducting an appointment with an Army recruiter.

"The recruiter worked great with my referral," said Kauten, "My referral called me during the process to keep me posted on how the Army enlistment process was going and it gave me the chance to see how he was doing. I think that the referral bonus incentive program helps motivate people who are already in uniform maintain a more active role in the recruiting process."

"This story has a good ending all around in that the Army gets a new recruit who wants to be on the team," added Kauten, "and the financial incentive is

definitely nice and I think it's a good way to thank Soldiers for helping the Army gain new recruits. I will definitely be keeping my eye out for more potential Soldiers."

There are no retroactive provisions to this pilot program, officials said.

Payments will be made directly to the referring Soldier's military pay account within 45 days after the person that was referred completes AIT.

"Soldiers continue to play an important role in the recruiting process and with this program we are able to recognize their contributions," said Lt. Gen. Franklin L.

Hagenbeck, deputy chief of staff, G-1. "We thank Congress for their recent legislation to provide bonuses such as these."

The recruiting incentive is included as one of the provisions in the Fiscal Year 2006 National Defense Authorization Act. Dates of eligibility for the referral bonus are Jan. 1, 2006, through Dec. 31, 2007.

"I believe the new authorities provided by Congress, such as the \$1,000 per referral bonus, will

help continue the positive trend of meeting our recruiting objectives (as we have) for the last seven months in a row," said Secretary of the Army Dr. Francis J. Harvey following a Pentagon press briefing Jan. 18.

Soldiers may receive the \$1,000 referral bonus for referring anyone except a member of their immediate family. Immediate family members are defined as spouse, parent (including stepparent), child (natural, adopted, or stepchild), brother or sister.

Those not eligible to receive a referral bonus include any member of the regular Army, Army Reserve, or Army National Guard serving in a recruiting or retention assignment, or receiving Special Duty Assignment Pay for recruiting or retention duties.

Referrals under this program must be made via the Sergeant Major of the Army Recruiting Team, also known as the "SMART" referral process.

The referring Soldier must either submit the referral through a process via the SMART Web link or through the U.S. Army Recruiting 1-800 line dedicated to this program.

For more information on the \$1,000

referral bonus, go to

<https://www.usarec.army.mil/smart/>

or call (800) 223-3735, ext. 6-0473.



3rd HBCT platoon shadows Iraqi patrol

Story and photo by Sgt. Zach Mott
3rd Heavy Brigade Combat Team

BALAD, Iraq □ Trailing behind like a protective shadow, members of Bulldog Battery's Counter Insurgency Platoon followed an Iraqi army patrol in an area south of Logistical Support Area Anaconda.

The Soldiers were there to ensure their IA counterparts properly conducted each phase of the operation and offered constructive criticism when the group rallied at Forward Operating Base O'Ryan after the patrol.

□ We go out there and see if they're doing the right stuff,□ said Sgt. Cesar Vazquez, a truck commander from Bulldog Battery, 3rd Battalion, 29th Field Artillery, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers. □Basically (we look for) the same things we would do.□

As the patrol navigated through the dirt and sand roads, the Iraqi soldiers stopped and talked to residents to see if there had been any anti-Iraqi force activity in the area.

As the stream of vehicles moved further away from the nation's capital the land became more desert-like with each revolution of the tires. The lush green around one of the largest compounds in Iraq was a distant memory as those

images were replaced with layer upon layer of brown. The few green spots along this route seemed as out of place as Air Force blue at an Army ball.

But, for the Iraqi soldiers, this area is home. Because of the common bond of nationality and an ingrained knowledge of the area, Iraqi soldiers are at an advantage over the coalition forces.

□I have a good, familiar background with the people so he can ask about what is going on find who is good and who is bad,□ said Sgt. Abdullah, the patrol commander from 2nd Company, 4th Battalion, of the Iraqi army.

There are few other factors more important to Iraqi control over their country than an effective army. Because of this, coalition forces work hard to ensure the Iraqis are fully prepared to assume the task of protecting their country. This, after all, is the coalition forces' ticket home.

□(We want to) make sure they know how to do it and to let us know that they will be capable of replacing us,□ Vazquez said.

Elsewhere in Balad, Soldiers with the 1st Battalion, 3rd Brigade, 4th Iraqi Army Division, and 1-8 Combined Arms Battalion, 3rd Heavy Brigade Combat Team, 4th Infantry Division, Task Force Band of Brothers, cordoned off a large area suspected of insurgent activity. Two of the



3rd Heavy Brigade Combat Team's Sgt. 1st Class Jason Maynard, front right, watches members of Iraqi army's 2nd Company, 4th Battalion, conduct a patrol briefing at Forward Operating Base O'Ryan.

Army looks to enlist to fill gaps in warrant officer ranks

by **Chief Warrant Officer A.J. Williams**

4th Infantry Division

The landscape of the Army has changed over the years. Today's Soldier has also evolved. Most join the Army already fully aware of the plethora of opportunities and benefits available to them.

Local Army recruiters brief recruits on many of the opportunities and benefits. Once in service, career counselors may further advise, recommend and present various career advancement opportunities to Soldiers. As such, there is an officer-producing program unlike any other aimed at advancing the career of Soldiers, sailors, airmen, and Marines.

The Army's Warrant Officer Recruiting Branch, part of USAREC's Special Mission Division, presents servicemen and women an opportunity to advance in their career field by serving as an active duty Warrant Officer.

The branch is charged with recruiting globally for highly qualified applicants to serve as Army warrant officers. No other Army officer-producing program has a dedicated recruiting branch.

Applicants must meet seven basic administrative requirements to apply: They must be a U.S. citizen; be a high school graduate or have a general equivalency diploma; have a general technical score of 110 or higher (nonwaiverable); eligible for secret security clearance (may apply with interim secret clearance; some positions require a completed secret or higher clearance); and able to pass the standard three-event Army

Physical Fitness Test.

An APFT waiver may be submitted for applicants with permanent profiles who take three events with an alternate for the run; able to pass appropriate physical exam (class 1A flight physical for aviation applicants); and have no less than 12 months remaining on current service contract.

The Warrant Officer Recruiting Branch has achieved success with an overall mission rate of 109 percent in fiscal 2005. The branch recruited nearly 1,200 Soldiers, sailors, airmen and Marines in fiscal 2005 and expects approximately 1,400 more to fill the warrant officer ranks in fiscal 2006. Fiscal 2007 is expected to top 1,700 new selections. Special Forces, Military Intelligence and Ordnance specialties are the most challenging positions to fill.

Applicants now may fax, mail, or e-mail the applications to USAREC for review. Additionally, applicants may check the status of an application by logging onto USAREC's Web-site at www.usarec.army.mil/warrant. Planned USAREC initiatives for fiscal 2006 include briefings for deployed personnel and electronic submission of applications.

A shortened Warrant Officer Candidate course — four weeks long plus four days preparation — is offered for applicants who completed Warrior Leader Course or higher noncommissioned officer education system courses.

For more information on becoming an active duty Warrant Officer, log on to www.USAREC.army.mil/warrant.

FOB

From Page 5

as the dining facility. Each position has its own unique set of challenges and procedures.

Most Soldiers pull four-hour shifts twice a day for two weeks. Many also continue working in their normal places of duty while working on force protection duty.

After the briefing is over, Soldiers are quickly formed up and bused to the range. Once there, they will be familiarized with the 50-caliber machine gun and the squad automatic rifles used at the various guard posts. They are also instructed on the use of the thermal sight device.

Among those Soldiers pulling their first stint as a member of the guard is Pvt. Justine Novak, Company B, 64th Brigade Support Battalion. The Madison, Wisc., native normally maintains computers and radios in the 3rd Brigade Combat Team communication shop.

"I don't know what to expect yet," Novak said. "I've never done this before so I'm kind of excited."

Along with other Soldiers, Novak sees her time on shift as a welcome change in routine. It's a break of sorts from the long hours in an office or a company area.

"I'm probably not going to get a chance to go off the FOB," Novak said. "A guard tower may be the closest I'll get to see the outside of the base camp."

Also new to Iraq is Pfc. Yolanda Santos, a medic with Company B, 64th Brigade Support Battalion. She had only been in country two weeks before attempting to fire the .50-caliber gun mounted on the back of a Humvee. Her instructors, Sgt. Doug Winchester, of Paris, Tenn., and Spc. Eric Baird of Tucson, Ariz., watched her closely.

"We do this every day," Winchester said. "I could see how somebody who hasn't done this much might be a little nervous."

COMMUNITY

Alcohol abuse an issue with deploying, redeploying troops

"I was deployed for a year; I've earned this." It's a line Rosemary Hall-Heyduk often hears from redeploying Soldiers whose drinking is out of control.

This sense of entitlement and many other factors contribute to the trends in alcohol abuse found among redeploying Soldiers.

While Soldiers with a drinking problem do not represent the majority of troops in the Army, "referrals and (drunk driving incidents) spike right before a large unit deployment and then right after their 30 days of (post-deployment) leave," said Hall-Heyduk, chief of the Fort Carson Army Substance Abuse Program Clinic.

Redeploying Soldiers with a drinking problem share common characteristics. Being aware of these characteristics, and knowing how and where to get help could make all the difference in a Soldier's career.

Returning Soldiers often drink because of the stress that comes from being in a lull after a year of high-peaked stress, said Ernestine Richardson, Fort Carson ASAP prevention specialist.

Oftentimes the highs are as stressful as the lows. "If you have a college degree and you're spending your days doing mindless labor like sweeping a motor pool floor, that's just as stressful as if you have a (general equivalency diploma) and they have you gathering statistical data for a general," said Hall-Heyduk.

Some Soldiers drink as a way to cope with the traumatic effects of combat stress. Richardson referred to this as self-medication.

Soldiers also drink to help ease one of the common side effects of combat stress: difficulty sleeping and nightmares, Richardson said.

The idea that drinking will lead to better sleep comes from a lack of understanding about the way the body works, and the type of sleep it needs, Hall-Heyduk said.

Drunk

sleeping doesn't allow for rapid eye movement, or REM sleep, the type required to achieve sound rest.

Hall-Heyduk recommends that redeploying Soldiers who are having trouble sleeping go to their troop medical clinic to get the proper treatment for their sleeping disorder.

Another issue is peer pressure, Richardson said. As much as it may sound like an after-school special line, peer pressure is effective, especially among Soldiers between the ages of 18 and 24, the highest-risk age group, Richardson said. Adding redeployment to the mix makes these Soldiers even more susceptible to alcohol abuse.

"There's a reason your (car) insurance goes down at 25," Hall-Heyduk said. Other Soldiers prone to alcohol abuse upon redeployment are those with a personal or family history of alcohol abuse or dependency.

Soldiers with a history of alcohol dependency should fight the urge to convince themselves that because they made it through a year without drinking in Iraq, they no longer have a problem, Hall-Heyduk said. "Just because you adapt to a controlled set of circumstances doesn't mean you're good to go."

Recovery is determined in a setting of normal circumstances where the real test is in how well the Soldier does at drinking responsibly, Hall-Heyduk said.

Some things that don't affect the level of alcohol abuse among redeploying troops may come as a surprise.

There doesn't seem to be a correlation between the fact that Soldiers are not allowed to drink in theater and the binge drinking that goes on with some Soldiers upon redeployment, Richardson said.

"They (binge drink) when they come back from a tour in Korea, too," where Soldiers are allowed to drink.

Lack of recreational activity doesn't seem to have much to do with alcohol abuse, either. "Basketball, golf, fishing, you name it; there's a Soldier out there who did it drunk," Richardson said.

Aside from all the factors mentioned, most of what decides whether or not a Soldier will go overboard comes down to self-control and commitment, Hall-Heyduk said, adding that there are ways to drink responsibly.

"When you go out, come up with a plan A and B, but don't wait until you're drunk to figure out how you're going to get home now that your designated driver took off with some girl," Richardson said.

Aside from forward thinking, respon-

sible drinking requires the discretion to know when it's appropriate to drink, Hall-Heyduk said.

This includes a Soldier being mindful of what medication he or she is on before drinking. Soldiers who return injured are more often than not on pain medication, she said. Both alcohol and pain medication are central nervous system depressants, and mixing the two can prove deadly, Richardson said.

While Soldiers who abuse alcohol are in the minority in the Army, Hall-Heyduk is pretty certain ASAP doesn't reach every Soldier with a drinking problem, especially since not every

Soldier with a drinking problem allows it to get him or her in trouble.

This is where family, friends and leaders play a role. It's important that people who suffer from a substance abuse problem are confronted with negative repercussions for their actions, she said.

"People only change if they are made to feel uncomfortable."

Also, if unit leaders have established a phone roster system that

Soldiers are advised to use before thinking about drunk driving, they should stick to it, Hall-Heyduk urged, explaining that some Soldiers have faced repercussions for doing what they thought was right and calling someone for a ride.

Hall-Heyduk also urged leaders to be aware of what their Soldiers are going through and to hold them accountable for their actions. "You may think you're helping a Soldier out by looking the other way because maybe you don't want their pay taken away from them. But, in the end you'd be doing more harm than good," she said.

Soldiers who already know they have a drinking problem but do nothing about it are also doing more harm than good, Hall-Heyduk said. Self-referrals are always welcome at ASAP.

But, it's important to remain clear on what that means. "Don't try to come in here after getting a DUI downtown and claim that you're 'self-referring,'" she said. "If it's happening in light of an incident, it's not a self-referral."

Soldiers should not allow the fear that they may be barred or flagged to scare them away from self-referring, Hall-Heyduk said. "In my 19 years doing this, I have never seen a self-referral backfire."

For information on ASAP's rehabilitation services please call 526-2862.

[[Don't try to come in here after getting a DUI downtown and claim that you're self-referring,]]
-- Rosemarie Hall-Heyduk

by Spc. Aimee Millham
Mountaineer staff

Carson egg hunt expanding

Commentary by Heather McCann

Directorate of Morale, Welfare and Recreation

For more than a decade, Mountain Post families have included Eggsperience among their springtime rites of passage. According to Directorate of Morale, Welfare, and Recreation Community Events Coordinator Ann Edinger, this beloved annual event has undergone quite a metamorphosis. "It's really developed over the years," said Edinger. "In the beginning, we used to hold it at CYS (Child and Youth Services), but we soon outgrew that venue. And, for a time, it was more of an information fair than a full-scale event."

Edinger believes today's Eggsperience offers the best of all worlds. "Oh, we've got a good one now. We've combined all our resources. Of course, CYS still plays a major role. We're working together; all heading the same direction. Because of this combined effort, our families will get an experience to remember."

As Eggsperience continued to grow, event coordinators found the

Special Events Center the perfect place to grow along with it. "It's a great fit," said Edinger. "It's central to post, people know where to find it and the parking situation is great. Plus, we can make it into whatever we envision. The SEC can easily transform from welcome center to basketball court, and even to something as unique as an ice rink, like we did for Holiday Village last year."

This year, Edinger promises, you'll have to look hard to find the gymnasium beneath the

farm. "Our theme is Fort Carson's Homegrown Eggsperience," she explained. "We think the 'homegrown' idea helps remind us of our connection to one another, and to Fort Carson. And that's why we're here—to take care of our Soldiers and their families."

Grown-ups will appreciate that sentiment, but the children are sure to focus instead on the action.

"We're offering more activities than ever before," said Edinger. "Kids can hop between indoor golf, a spectacular magic show and a puppet theater. They can even climb a tree house. Of course, we'll have those

toys."

And there'll be photo opportunities with the bunny."

One of the biggest draws each year is the egg hunt. Using past experience as a guide, Edinger said they've tweaked the usual free-for-all into something more friendly for children of all ages.

"Usually, it's about quantity; how many eggs each child can gather after the hunt starts. Older, stronger or less timid children always come out on top in a situation like that. Instead, what we do is make the egg hunt about quality. This hunt runs all day long. You can sign your child up for a specific time slot, and he or she hunts for a specific type of egg, based on age and ability."

For instance, very young children may be coached to find an egg with a simple red box painted on it. Once they locate this egg—their egg—

they bring it to event coordinators in exchange for a prize. Older children may have to search for an egg painted with a more intricate pattern.

"It's convenient and very customer-friendly," said Edinger. "If you have soccer in the morning, you still can hit Eggsperience in the afternoon and not miss the egg hunt. Plus, everyone's a winner."

Moms and dads also will find plenty to keep them entertained. Most of the DMWR divisions, from CYS, to Business (such as the bowling



Photo by Sgt. Jon Wiley
Domonick Pena is pictured with the Easter bunny during last year's event.

Community Briefs

Miscellaneous

Parent involvement meeting — Fountain-Fort Carson School District Eight hosts annual meetings to evaluate the effectiveness of the parent involvement policies of the district and Abrams, Aragon and Mountainside Elementary Schools. The next meeting will be held at Aragon Elementary School April 11 from 5:30-7 p.m. Refreshments and child care will be provided. R.S.V.P. to 382-1569.

Special education advisory council — Fountain-Fort Carson School District Eight hosts monthly meetings to answer questions about special education and to involve parents in projects to improve the district's special education programs. The next meeting will be held at Abrams Elementary School April 10th from 9-11 a.m. Refreshments and child care will be provided. R.S.V.P. to 382-1569.

EFMP Resource Meeting — The next Exceptional Family Member resource meeting is Tuesday at 5 p.m. at Family University on Berkeley Avenue, bldg 1161, next to McKibben Physical Fitness Center.

Career fair — A career fair today, sponsored by Army Community Service's Employment Readiness Program in partnership with local companies from Colorado Springs and surrounding areas, will be held at the Special Events Center from 11:30 a.m.-2:30 p.m. Come prepared for an interview with a resume and portfolio. For more information call 526-4590/0452.

PPCC courses — Pikes Peak Community College offers evening courses at Fort Carson from Monday-May 13. Classes at the Mountain Post are accelerated and last eight weeks. Soldiers, family members and Department of the Army civilians are eligible to enroll. Tuition is \$82.50 per semester hour. Soldiers may use tuition assistance. Family members may be eligible for a tuition discount. Contact the Mountain Post Education Center for details.

Scholarships — The Fort Carson Officers' Spouses' Club Scholarships for 2006 are now available. Electronic applications are available from fc_osc@yahoo.com or from Catherine Vuono, FCOSC Scholarship chairperson, at cjvuono@earthlink.net. Hard copies are available at the library and Family Connection buildings.

There are three scholarship categories: high school senior, dependent child and spouse. Applicants may only apply for one scholarship per year. Awards will be announced in May.

Applications must be received by March 31.

Child Abuse Prevention month — "The Positive Power of Prevention," will be held March 31st at the Olympic Training Center from 5:30 p.m.-8 p.m.

The event is free and open to the public. The rally provides entertainment, refreshments, interactive family activities and speakers. Activities include face painting, live music, caricature artists, clowns, dance troupes and more.

For more information contact Alpha at 442-6337 or visit our website at www.fetcs.org/ppfc.html. Volunteer opportunities available.

College Scholarships — The Reserve Officers Association will award up to 60 \$500 Reilly Scholarships to undergraduate and graduate students for the 2006-2007 school year. Undergraduate applicants must be the children, grandchildren, or spouses of ROA members. Graduate applicants must be ROA members. ROA membership is open to any officer (active, Reserve, National Guard, retired or former) of the seven uniformed services: Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service or NOAA. To join ROA, call (800) 809-9448 or go to www.roa.org. The ROA Reilly Scholarship Program contact is Chandra Oliphant at (800) 809-9448, ext. 730.

FCOSC/ESCO Spring welfare fund distributions — Together with the Enlisted Spouses Club, the Fort Carson Officers' Spouses' Club will distribute charitable monies to non-profit organizations that

directly assist or support Fort Carson Soldiers or their families. FCOSC/ESCO is currently accepting applications for these funds. Following a review and selection process, disbursements will be mailed in late May. To request an application please contact Lee Ann Nelson, FCOSC Welfare Chairperson, via e-mail at fortcarson_officersspousesclub@yahoo.com or via mail at P.O. Box 12886, Fort Carson, CO 80913. Applications must be postmarked by April 20.

DMWR/ACS swimming activity for exceptional family members — Fort Carson's Directorate of Morale Welfare and Recreation, in partnership with Army Community Service's Exceptional Family Member Program, is having a swim activity for exceptional family members at the post indoor pool, bldg 1446, on April 26 from 6-8 p.m. This is free to DMWR annual family pass holders and \$4 per family for those without a family pass. Any exceptional family member wishing to bring their family to this activity must R.S.V.P. no later than 3 p.m. April 19 to EFMP staff at 526-0156/0306/0446. The DMWR contact is Don Armes, aquatics director, at 526-3193.

Scholarships for military spouses — The National Military Family Association is accepting applications for NMFA's Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse — active duty, retired, National Guard, Reserve or survivor — studying toward professional certification or attending a post-secondary or graduate school is encouraged to apply. Applications can be found at www.nmfa.org/scholarships2006. Applications will only be accepted online and must be submitted by midnight April 15. The number of scholarships each year varies.

Auditions — Harmony in Motion, Fort Carson's official singing group, is holding open auditions to fill openings. Those interested in joining the group cannot have received a bonus for their military occupational speciality, cannot be flagged for any reason, and cannot be in a star military occupational specialty. Those interested should call Sgt. Joshua Soelzer at 338-2340 or go online to the group's Web site at www.carson.army.mil/harmony.

Tryouts — All horsemen are encouraged to try out for the Fort Carson Mounted Color Guard at 10 a.m. Monday. For more information contact Sgt. John Brownrigg at 338-3000.

Web site helps spouse groups — CinCHouse, a nonprofit community of nearly 900,000 military wives and women in uniform, in partnership with USAA, has launched the Spouse Club Hub, an online tool spouse group leaders can use to create their own Web site at no cost and with no software.

Spouse group leaders can create Web sites in about 10 minutes by selecting professionally designed graphics and adding text and photos. Leaders can further enhance their sites with other free options including calendars, photo galleries, discussion boards and e-mail distribution lists. For more information visit the Web site at www.cinchouse.com. To register logon to <http://hub.cinchouse.com>.

Kit Carson Activity Center — Fort Carson Family Housing's Kit Carson Activity Center is available for use by Fort Carson residents. The center can be used for birthday parties, Bible studies and other events for free. The center has a maximum capacity of 60 people and includes a great hall, which can be divided into two rooms, and a catering kitchen that has a sink, refrigerator, two microwaves and several countertops. To reserve the center call 579-1042.

Waa-Nibe House — The Waa-Nibe House, named after Kit Carson's first wife, is available for use by Fort Carson residents. The center can be used for birthday parties, Bible studies, family readiness group meetings and other events for free.

View the availability of the Waa-Nibe House at <http://calendar.msn.com/carsonesco@hotmail.com>. Download the reservation form from the Enlisted Spouses Charitable Organization link (under FRGs) at



Army Community Service
Family Readiness Center, Bldg 1526
TEL: (719) 526-4590

This is your opportunity to meet other EFM families that share the same struggles.

Exceptional Family Member Program
RESOURCE GROUP
Tuesday, March 28
5:00P.M.

Family University, Bldg 1161
(Located on the corner of Berkeley Ave & Ellis St)

"All of us are special, but some of us are exceptional"

EFMP Swim Night
Wednesday, April 26
6:00P.M. to 8:00P.M.
Indoor Pool, Bldg 1446
(Located on the corner of Nelson Blvd & Specker Ave)

\$4.00 per family / Free for DMWR Family Pass holders
For more information or to register your family, call (719) 526-4590.
Registration deadline is Wednesday, April 19.
All families attending must pre-register.
****This event is open to all EFMP enrolled or qualified families****

www.carson.army.mil. To reserve the center e-mail the reservation form to CarsonESCO@hotmail.com.

Post fitness center hours — Post fitness centers' hours have been adjusted. Hours of operation include:

- Forrest Fitness Center, bldg 1843 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.
- Garcia Physical Fitness Center, bldg 1856 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 9 a.m.-5 p.m.
- Waller Physical Fitness Center, bldg 2357 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 3-10 p.m.
- McKibben Physical Fitness Center, bldg 1160 — Monday-Friday 5 a.m.-8 p.m.; Saturday, Sunday and holidays 6 a.m.-3 p.m.

Claims against the estate — Anyone having claims against or indebtedness to the estate of Sgt. Dimitri Muscat, deceased, should contact 1st Lt. Darren Amick at 724-422-0860.

• Anyone having claims against or indebtedness to his estate of Spc. Gordon Misner, deceased, should contact 1st Lt. Nathaniel Hagen at 330-3835.

• Anyone having claims against or indebtedness to the estate of Staff Sgt. Curtis T. Howard, deceased, should contact 1st Lt. Jessica Gutierrez at 338-9060.

• Anyone having claims against or indebtedness to the estate of Spc. Thomas J. Wilwerth, deceased, should contact 1st Lt. Branden Graverson at 524-1173.

• Anyone having claims against or indebtedness to the estate of Pfc. Jesse A. Gabbard, deceased, should contact 2nd Lt. Jared W. Souder at 330-3547.

• Anyone having claims against or indebtedness to the estate of Master Sgt. Kevin Snyder, deceased, should contact Capt. Edward Williams at 524-1526.

CSM extends to fill hole in 43rd

Story and photos by Spc. Clint Stein

Mountaineer staff

Only two months away from enjoying retirement from the Army after 26 years of faithful service, she was asked to stay just a bit longer.

Command Sgt. Maj. Geraldine Rimpley, formerly the command sergeant major for the 759th Military Police Battalion was asked to extend her enlistment and fill in as the temporary command sergeant major for the 43rd Area Support Group.

Rimpley had been the command sergeant major for the 759th MP Bn for the past two years when Col. Scott Lang, 43rd ASG commander, asked Rimpley to fill the command sergeant major position. In response to Lang's request, Rimpley said to herself, "What the heck. I can do another six months standing on my head," and took the job.

During the 759th MP Bn change of responsibility ceremony that was held March 9, Lt. Col. Chad McRee, 759th MP Bn commander, said he was losing one of the finest command sergeants major he had ever had the pleasure of working with. "She was a great asset to the 759th MP Battalion," said McRee, "and it didn't surprise me one bit that Colonel Lang asked her to go over to the 43rd (ASG)."

As Rimpley unpacked the cardboard boxes that littered her new office at 43rd ASG, she said it wasn't a big deal to extend for another six months because she didn't really have any plans for when she retired anyway. With her husband, Command Sgt. Maj. Gary Rimpley, deployed with the 3rd Heavy Brigade Combat Team the new position at the 43rd ASG would last until about the time he returned from deployment.

As Rimpley decorated her office with 26 years' worth of awards and collectibles, she explained how she came to be the senior female command sergeant major for the military police corps. Rimpley grew up in a small town in Illinois and had aspirations of becoming a journalist. In high school, she worked on the school's yearbook staff before going off to a local college where she majored in journalism. She said at that time, the Army was the last thing on her mind. "Man, how things change," said Rimpley as she stood tall in her perfectly pressed battle dress uniform and shiny black boots. "I'll have been in 26 and a half years," she said referring to when she finally does retire from the Army.

But, getting an education was ultimately the reason Rimpley joined the Army. She said after two years of college, she discovered the Army would help pay for her tuition as long as she was enlisted, so that's what she did. Rimpley entered active duty in the Army July 25, 1980, from Sheldon, Ill. She said after reviewing the results of her Armed Services Vocational Aptitude Battery test, she pretty much had her choice of a military occupational skill. "I wanted a field with diversity," she said. "So I chose to become a (military police)."

With diversity being what she wanted to get out of her military career, diversity is what she got. Since being in the military police corps Rimpley has worked from one gamut of the corps to the other. She has worked in the fields of investigation, customs, patrol and operations just to name a few. She has been assigned or deployed to more than a dozen different cities



Command Sgt. Maj. Geraldine Rimpley, front right, stands in front of the 759th Military Police Battalion for the last time during a change of responsibility ceremony March 9.

around the world, three of which were to hostile environments

Rimpley's most recent deployment was with the 759th MP Co. in support of Operation Iraqi Freedom where she said she learned great things about the Soldiers of today. She said on more than one occasion in Iraq her Soldiers proved to her that they were just as good if not better than Soldiers of previous war generations. "There were times when we had to drive into a situation hot and our guys didn't even flinch. They would say 'Let's do it,' and the next thing you know we'd go in with guns a-blazin'," Rimpley said excitedly as if the battle took place yesterday.

Rimpley said she kept a journal to help keep track of her day-to-day activities while she was deployed. She said she wrote every detail in the journal so she could refer back to it later in life and remember the experiences she had with the brave Soldiers in the 759th MP Co., although

Health care premium increase proposed

by **Terry J. Goodman**

TRICARE Management Activity

FALLS CHURCH, Va. — Taking care of the health needs of those who serve their country today and who have served in the past has always been a priority for the Department of Defense and TRICARE Management Activity, the agency charged with this important responsibility.

Since its inception more than a decade ago, TRICARE has made great strides in offering an increasingly comprehensive health care plan to its uniformed service members. However, due to the expansion of benefits, increased use by its retiree population, health care inflation and no increase in TRICARE premiums since 1995, DoD needs to transform the health benefit through systemic changes

for the long term.

“The changes proposed are necessary to preserve the health care for the warriors of today and tomorrow,” said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. “We implemented several management initiatives designed to reduce the costs of health care delivery and to enhance performance within our health system. However, these actions alone will not contain the escalating costs.”

The Department of Defense’s health care budget for fiscal year 2006 is \$38 billion, a 100-percent increase from the \$19 billion budget in fiscal 2001. Experts project the budget will swell to \$64 billion by 2015, a 78-percent increase in the next 10 years.

Incremental changes made to TRICARE’s cost sharing will ensure the continuation of an affordable and

comprehensive health benefit to the nation’s uniformed service members, National Guard, Reservists, retirees and their families. These changes would not impact active-duty personnel and only the modest retail pharmacy co-payment increases could impact active-duty families and retirees 65 years of age and older.

“TRICARE experiences the same double-digit health care inflation as all health plans in the nation. Even with these cost-share changes, TRICARE remains inexpensive when compared to other health plans,” said Winkenwerder, who is also the director of TRICARE Management Activity.

TRICARE has continually improved medical care and services in recent years. Independent surveys rank TRICARE as one of the nation’s best health plans supported by a national

network of more than 220,000 physicians, all U.S. hospitals and 55,000 retail pharmacies. Additionally, military treatment facilities have one of the best electronic health record systems in the world — AHLTA, which greatly enhances the quality of care provided.

DoD has proposed initiatives to re-balance the proportional level of beneficiary cost sharing to approach the level established in 1995 and to review and adjust annual cost shares.

“Decisions made today to preserve the health care benefit for our retirees, service members and their families are necessary in order to give them the care they deserve for their sacrifice in the preservation of freedom around the world,” Winkenwerder said. “We believe the proposed changes will make this great health care system available for generations to come.”

Dispatcher awarded for cool head

by Sgt. Matt Millham
Mountaineer editor

Though instrumental in saving the life of a woman in December, Tawnya Winters has not, to this day, even met the woman whose life she saved.

“That’s the unfortunate thing about working here,” said Winters, a 911 dispatcher for Fort Carson. “We usually don’t get to know the outcome, and we hardly ever get to meet the people.”

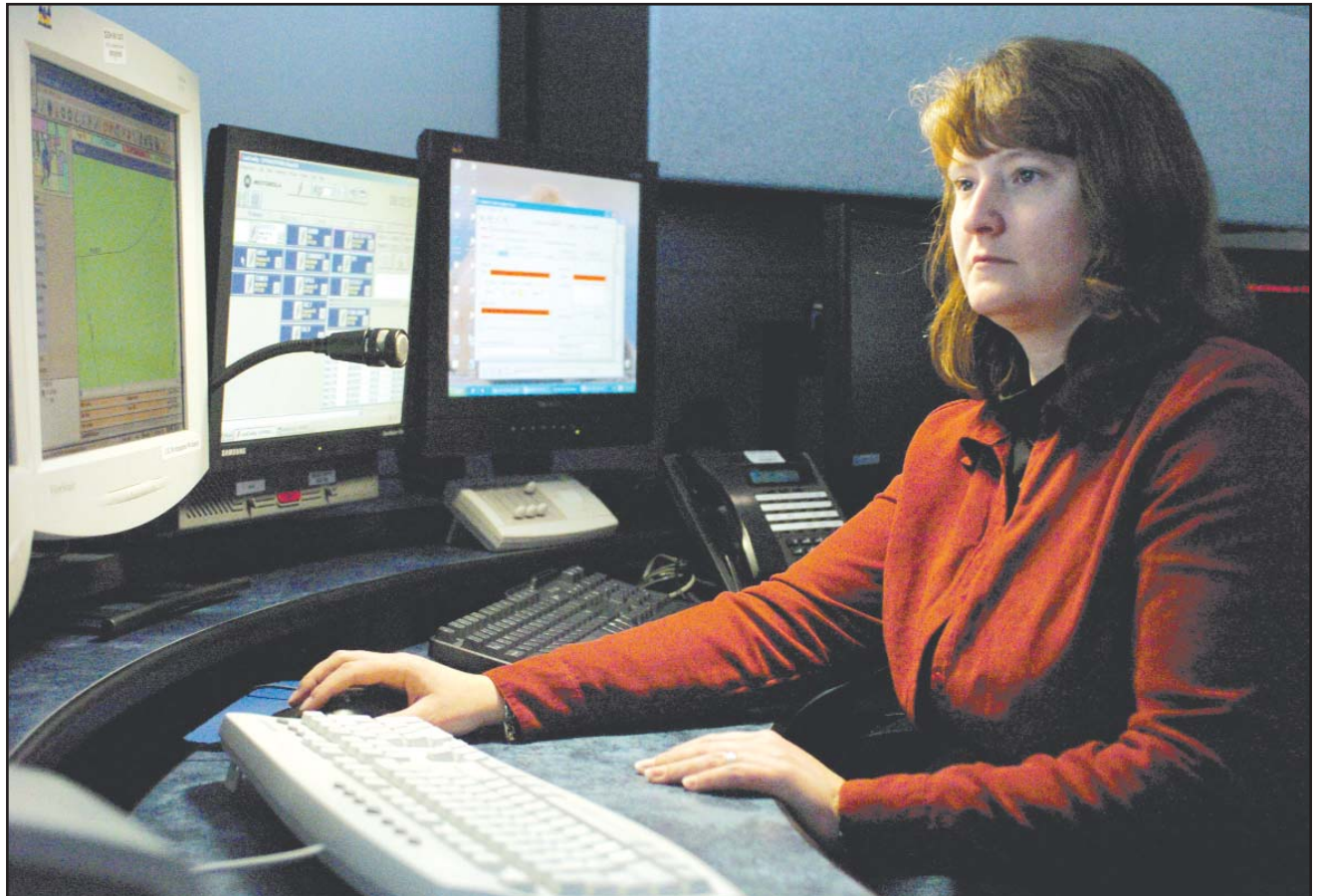
On Dec. 28, Winters received a call from a Fort Carson Soldier in panic. His wife, he said, had stopped breathing and was unconscious.

Winters, who has worked as a dispatcher at Carson for three years, walked the man through the steps necessary to clear his wife’s airway.

“Most of the time, once you open up the airway they start breathing again,” said Winters. This wasn’t one of those times. Even with her airway clear, the woman didn’t start breathing on her own. Winters began instructing the man on rescue breathing.

Shells had other calls where shells had to walk someone through how to give CPR, but, “this was probably the worst one,” Winters said.

As she focused on calming the man down and keeping his wife alive, another dispatcher sent medical personnel to the home. Winters helped the man keep his wife alive for the five-or-so



Tawnya Winters, a 911 dispatcher for Fort Carson, at work Monday at the post’s new fire station.

minutes it took for emergency medical personnel to arrive.

In the heat of the moment, it seemed like a lot longer than that, said Winters.

“It was a panic situation, and she handled it

like the pro that she is,” said Kim Perkins, a Fort Carson dispatcher and Winters’ supervisor.

Winters’ actions that day earned her two

Winds of life rage

Commentary by Chap. (Lt. Col.)

Steven L. Berry

7th Infantry Division

Several (pre-Army) years ago I moved from Texas to assume pastoral duties in a church located in one of the Western states. One evening during my first Western winter, I observed a local news broadcaster predicting weather patterns, which he believed would affect the nation in the coming days. Plotted on the weather map for all to see were areas of high pressure and areas of low pressure; sunshine for some sections and snow or rain for others. One area of the weather chart caught my eye. The state in which I was living was covered by the word [windy]. The weather announcer went on to describe an extremely blustery phenomenon that he called a [Chinook] wind and his detailed forecast made one thing very clear. Folks living in my region of the country could anticipate nothing less than several days of raw, howling, untamed, turbulence.

Although I had never experienced a Chinook wind, I saw no reason to be unduly alarmed. I was skeptical. I asked myself, [Just how windy can it

be?] The answer to my question was not long in coming. Without warning, I was blasted from sleep the next morning by a shrieking gale that I can fairly compare to the proverbial freight train. The whole house was trembling. The windows were rattling. The noise was incredible. When I tried to drive to my office, I could barely keep my vehicle on the road. Enter the Chinook wind.

[All right,] I thought. [That is pretty windy, but it probably won't last very long.] Wrong again. That wailing wind continued to blow all day ... and all night ... and all day the next day and into the following night. I was ready to cry [Uncle.] How I wished that the wind would be still. I wanted my house to stop clattering. I longed for the noise to end. I was ready for some peace and quiet; a respite from this stormy blast.

Sometime during the morning hours of the third day, my hopes became reality. The raging river of air died down as rapidly as it had seemed to gain life. Where did it come from? Where did it go? I neither knew the answers to these questions, nor did I care. I was simply overjoyed with the comparative silence and peace which remained in the wind's wake.

It occurs to me that

the strong and unrelenting [winds of life] may not be altogether unlike my initial encounter with the Chinook wind. Without notice, we may find that the winds of adversity, accompanied by unannounced suffering, have swept us into some trial or struggle of unforeseen intensity. We may ask, [Why me? Why now?] But since, as the Scottish minister Oswald Chambers has noted, none of us know the preface to our own story, our [why] questions often remain unanswered. Perhaps it is the howling storm of uncertainty that overpowers us and strips us of our confidence and security. In its violent wake, we remain bruised and battered, filled with mounting doubt and fear. Could it be that the parching wind of isolation has taken its dreadful toll in our lives? Hungry to find understanding and hope, we have instead found only paralyzing silence, ill treatment and loneliness.

In his account of the life of Christ, Mark describes Jesus' followers in just such a circumstance. Jesus and the 12 had set out in a small boat to travel across the Sea of Galilee. Suddenly, [... there arose a fierce gale of wind, and the waves were breaking over the boat so much that the boat was already filling up.] Terrified, the disciples desperately turned to Jesus, who was sleeping in the stern of the little boat. [Teacher,] they challenged him, [do you not care that we are perishing?] Mark records how Jesus, in response to the disciples'



Chapel

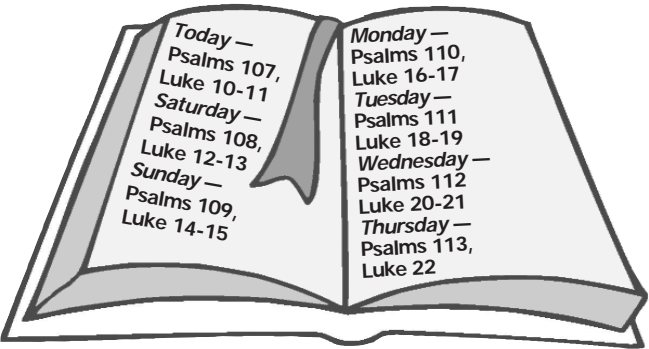
New youth program □ A new chapel youth program meets 4-5:30 p.m. Sundays at Soldiers Memorial Chapel. Military youths grades six-12 are invited. Individual programs for grades six-eight and nine-12 are offered. This program is sponsored by the Fort Carson Catholic and Protestant Chapel congregations. For details call 526-4946.

Catholic religious education □ Registration forms for Catholic religious education courses are available at Soldiers Memorial Chapel in the library room. Classes for preschool (age 4) through sixth grades will be held Sunday from 10:30-11:50 a.m. Classes for seventh grade through adult (including confirmation and post confirmation) are held Sunday from 6-8 p.m. Call Pat Treacy at 524-2458 for more information.

Protestant Religious Education □ Registration is ongoing for Protestant religious education at Soldiers Memorial Chapel. Sunday school small groups meet 9:30-10:30 a.m. each Sunday morning. AW ANA program for children meets Thursdays 5-7 p.m. Children's Church is provided during the 11 a.m. Protestant worship service

Chapel Schedule ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed, Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers	Nelson & Martinez	Chap. Goellen/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans	Magrath & Titus	Chap. Zust/526-8890
Tuesday	7 p.m.	PWOC	Soldiers	Nelson & Martinez	Ms. Scheck/231-9511
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Monday	6:30 p.m.		bdg 4800, corner of Harr and OConnell		Rhonda Helfrich/338-9464
NATIVE AMERICAN SWEATLODGE					
Native American Sweatlodge ceremonies (He Ska Adicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.					

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year



The Army Cycle of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer.

Pray this week for the following:
Unit: For the Soldiers and leaders of the U.S. Army Reserve Command, headquartered in Atlanta balancing transformation at a rapid pace and supporting expanded current mission requirements.

Army: For the citizen soldiers, noncommissioned officers and officers of the United States Army Reserve. May these servants of the nation always feel the touch of God's deepest blessing upon them and their families.

State: For all Soldiers and families from the state of New York. Pray also for Gov. George Pataki, the state legislators and municipal officials of the Empire State.

Nation: For the companies that make up the New York Stock Exchange and the NASDAQ. Pray that these companies would lead our nation's economic recovery and create productive jobs for people.

Religious: For the Soldiers and families from the Churches of God. Pray also for the chaplains endorsed to military service by this community of faith.

For more on the Army Cycle of Prayer visit the Web site at: www.usarmychaplain.com.

You can find the
Mountaineer
At These Off Base Locations

Air Force Recruiting Offices

All-in One Drycleaning
1605 La Shelle Way

American Legion Post #38
6685 Southmoor Dr.

Army Recruiting
358 Main Street

Army Recruiting
5861 Palmer Park

Cheyenne Trail Liquors
1703 South 8th Street

China Doll Restaurant
3629 Star Ranch Road

DAV
Palmer Park/Peterson Rd.

Drop Shop
7320 S Hwy 85/87

Falcon Dist 49 Administration
Sand Creek High School

Federal Building
1520 E Willamette

Fountain City Hall
106 S Main

Geico
1835 S. Academy Blvd.

H & H Tires
Hwy 85/87

Independent Records
3030 East Platte Avenue

Kelly O'Briens Sports Bar
239 North Academy Blvd.

Loaf & Jug
102 S Santa Fe

Lockheed Martin
By Solos Restaurant

Mama Trino's Pizzeria
1817 South Nevada Avenue

Off Post Barbers
1655 La Shelle Way

Omni Military Loans
2350 S. Academy Blvd.

Park Paralegal
608 South Nevada

Pikes Peak Comm. College (North)
11195 Hwy. 83

Pikes Peak Comm. College (South)
5675 S. Academy Blvd.

Recruiting Office
Cross Road At Citadel

Retired Enlisted Assn.
834 Emery Circle

Ruby Tuesday's Restraunt
1645 N. Newport Road

Solo's Restraunt
1645 N. Newport Road

Starlight Video
490 North Murray Blvd.

Starlight Video
1890 West Colorado

The Inn @ Garden Plaza
2520 International Circle

The Residence @ Skyway
855 Skyway Blvd. #122

VFW
Downtown Pikes Peak

VFW 3917
715 Clearview Dr

VFW Post 6461
753 S Santa Fe

YMCA Southeast
2190 Jetwing Drive

YMCA-Fountain Valley
301 E Iowa Ave

3rd ACR troops get Texas 'howdy'

by **Spc. Clint Stein**

Mountaineer staff

Soldiers and families of the 3rd Armored Cavalry Regiment received a Texas-sized welcome March 10 as several members of the Fort Hood, Texas, community visited the Mountain Post to greet those who will soon call Fort Hood home.

When the Base Realignment and Closure recommendations were made final last year, many Soldiers in the 3rd ACR found out they would be moving to the Lone Star State not long after they returned from Iraq.

The Howdy Greater Fort Hood Task Force, comprised of representatives from Fort Hood and its surrounding community, held an information fair at McKibben Physical Fitness Center to help Soldiers answer any questions or concerns about their future duty station.

Fort Hood is the largest training post in the world with roughly 45,000 Soldiers stationed there and spanning 340 square miles of central Texas. For Soldiers who have never been to Fort Hood, it can seem big and confusing at first, "but that's why we're here to help," said Shirley Quick, Army Community Service Relocation

Readiness Branch program manager. She said helping Soldiers and their families become more familiar with Fort Hood before they get there ought to give them a little head start on what to expect and what they need to prepare for.

One of the concerns that Sgt. James Thomas said he has about moving to Fort Hood is housing. With three children, Thomas said he wanted to know more about the post's housing and schools than anything else. "I just hope we can find a place to live that's reasonable," he said. "Hopefully we can get on-post housing and not worry about finding a place."

Fortunately for Thomas and his family, Fort Hood has partnered with Fort Carson to make getting into a house on post quicker and easier than traditional methods. When Soldiers clear housing at Fort Carson, they are automatically put on a housing list at Fort Hood, said Jolene Brindle, director of Fort Hood Community Services.

To help complement the ease of paperwork for those Soldiers wanting to live on post, Fort Hood also has a very short waiting list. "Soldiers will be able to move from door to door," said Brindle. "They'll be able to walk out of their house here and right into a

house at Hood." She said Fort Hood has 80 junior-enlisted homes that will be completed by summer, adding to the already 900 new four-bedroom junior-enlisted homes available.

For those Soldiers wanting to rent or buy a house off post, there were several information booths set up by realtors and the Fort Hood Housing Referral Office. Soldiers had the opportunity to talk with housing representatives about the surrounding communities and market value for houses within those communities.

Soldiers and their families were able to talk with representatives of the local school communities, too. Jim Hawkins, superintendent for Killeen Independent School District, which is located on Fort Hood, offered up some important information about school enrollment. One of the most important things he said families should remember is that children will need their shot records. He said children will be able to attend school initially if their records aren't up to date, but will need to get them updated within 30 days after enrollment. Hawkins said he expects Soldiers and their families to begin arriving to Fort Hood well before the school year begins in early August so updating their children's records before

classes start shouldn't be a problem.

Another important thing Soldiers moving to Texas will need to remember to update is their family's insurance coverage. A representative from Darnell Army Community Hospital reminded Soldiers that in Colorado they were covered under TRICARE West Region and that Texas is covered in the TRICARE South Region. The representative said that although the Soldiers' information will be updated when they in process Fort Hood, their families will need to be changed separately at the Defense Enrollment Eligibility Reporting System office.

Throughout the day Soldiers and their families had the opportunity to learn as much as they could about not only housing, schools and healthcare, but other things as well. Information was also available about spouse job programs, school athletics, dental services, vehicle registration, child and youth services and several others. "We came to help show Soldiers the quality of life they can expect at Fort Hood and we can't wait for them to get down there," said Quick.

Soldiers who want more information about Fort Hood should contact the Soldiers' Information Center at (254) 287-7486.



Photo by Sgt. Matt Millham

Donors for life

Phlebotomist Stephanie Shaw checks on Janeen Igou, left, who donated blood in the Bonfils bus in the parking lot of Fort Carson's Post Exchange Saturday. Igou, who is retired from the Navy, and husband Don Fortenberry, right, who is retired from the Marines, donate blood whenever they can, said Igou. Bonfils needs about 4,350 people a week to donate to meet Colorado's blood needs. More than a dozen people donated at the blood drive Saturday. Bonfils blood drives at Fort Carson often bring around 60 donors.

CSM

From Page 14

Rimpley said those memories would probably never go away. [The things those guys did were amazing, and I'll never forget it.]

Something else that Rimpley said she has not forgotten is how she became a professional and a senior leader. She said when she joined the Army, she told herself she would climb the noncommissioned officer ranks as long as she kept getting picked up for promotions. [If I ever got turned down for promotion, then I would have taken that as a sign and gotten out of the Army,] she said as she shrugged her shoulders. [But, I always got picked up and here I am,] the senior female command sergeant major in the MP corps

Rimpley said as a young Soldier she didn't even realize the Army had female sergeants major, until she met one in person at an Association of the United States Army convention in Washington, D.C. Rimpley said she was in town for a Soldier of the Year Board, or something of that nature, when she met the female sergeant

major and was inspired by the idea of becoming one herself. When Rimpley told the sergeant major she didn't realize a female could become a sergeant major, Rimpley said the sergeant major told her there were a lot and she could become one, too, if she wanted. As Rimpley gazed up as if looking at a thought cloud hanging above her head, she said, [That would probably have to be the moment I decided to stay (in the Army) for a while.]

Although that female sergeant major inspired Rimpley to advance her military career many years ago, she said she really didn't have a female role model. She said despite the challenges that lay ahead for her as a female and the lack of a role model, she was still able to accomplish her goal and pave the way for future female Soldiers. [I broke some molds along my career that may help others, but my primary goal has never been about female equality,] Rimpley said. [I think anybody with potential and motivation can be whatever they want.]

Now that Rimpley has accomplished her goals in the military, she said she looks for-

Changes

From Page 1

an expansion of facilities at Butts Airfield and the potential opening of Gate 19.

However, those plans are in their most preliminary stage and by no means set in stone, Gossart said.

One Fort Carson change that has less to do with population change and more to do with a change in mission is 7th ID's transformation into the 1st Army Training Support Division — West, which will give Maj. Gen. Robert W. Mixon Jr., Fort Carson and 7th ID commanding general, training and readiness oversight over all of the Reserve component units west of the Mississippi River, except for Minnesota.

In the past, Reserve component training was split between 1st Army and 5th Army.

With 5th Army having become Army North, 1st Army is now responsible for the nation's Reserve component training.

The training command will be divided between Fort Carson and the 1st Army Training Support Division — East at Fort Meade, Md.

The takeover of this responsibility is slated to take place in

October, Gossart said.

The possibility of a training facility at Butts Airfield is also being discussed, Burns said.

Burns admits some units may be here before new facilities are ready for them.

But, this won't mean these units will be homeless as there are buildings on post they will be able to temporarily settle into.

Expansion will likely mean a period of crowding, but there are tentative plans to build unit support facilities like new chapels, gymnasiums and childcare facilities, Burns said.

Also, the Army Air Force Exchange Service is considering expanding its post facilities. However, DPW and AAFES cannot definitively put plans into effect until the tentative aspects of the projected growth of Carson become definitive themselves, Burns said.

This projected growth could economically benefit both El Paso and Pueblo counties.

According to David Bamberger of Bamberger and Associates, Fort Carson is responsible for approximately 10 percent of all activity in the area and more than one percent of all economic activity in Colorado.

Dispatch

From Page 16

awards. One of those is from Fort Carson for "Achievement in Civil Service." The second award, "Telecommunicator of the Quarter," is given by the El Paso-Teller County Enhanced 911 Authority Board, which is the governing body for the hundreds of 911 dispatchers in the two-county area.

Since the authority board began giving the award five quarters ago, 911 dispatchers from Fort Carson have won the award twice.

"We've got the best in the West," said Perkins of Carson's 10 dispatchers. Carson's dispatch center competes against about 15 other centers for the quarterly award.

"What Tawnya did was wonderful," Perkins said, "but if you asked her, I'm pretty sure she'd tell you she was just doing her job."

The criteria for the award focus on a dispatcher's response to a single incident, but past performance and your overall ethic is also taken into consideration, said Perkins, who has worked as a dispatcher at Carson for the last seven years of her 12-year dispatching career.

John Miser won the first "Telecommunicator of the Quarter" award for the Mountain Post last year. During that call, an ambulance he dispatched was involved in a serious accident when a car slid into it in snowy weather off post. Miser then had two incidents to deal with simultaneously — the original call, which was

for a person in respiratory distress, and the accident.

All of Carson's dispatchers are able to walk callers through something as basic as the Heimlich maneuver and as complex as childbirth. This diversity of skills comes from almost a month of training the dispatchers have to go through at the national academy before they can even start to dispatch, said Perkins.

Though it wasn't exactly planned this way, Winters began training for this job even before her mandatory training to become a dispatcher.

She had learned CPR for previous jobs working with children at a daycare center when she was in college and at the Broadmoor in its children's program. But even then, she knew she wanted to do something else besides working with children.

"At one point I thought about becoming a police officer," said Winters. When that didn't fall into place, becoming a dispatcher seemed like the next logical step, she said.

Still, calls like Winters got in December "don't come in all that often, luckily," she said. On average, each dispatcher gets one or two panic calls like that per month.

Those calls are balanced out to some extent with the weird and funny ones. Carson's 911 dispatchers still find themselves fielding calls about cats stuck in trees.

"We had this one call where a lady thought she heard a baby in a sewer," Winters said.

She dispatched emergency personnel to the scene immediately. In the end, it turned out to be a kitten.

VA Center helps veteran entrepreneurs

by Rudi Williams

American Forces Press Service

WASHINGTON — The organization that helps veterans become entrepreneurs by hooking them up with national franchises and contracts with industry and the federal government celebrated its fifth anniversary March 15 with an open house at the Department of Veterans Affairs here.

The Center for Veterans Enterprise has helped hundreds of veteran entrepreneurs set up their businesses or swell their company's coffers. Hundreds more have been helped to compete in the federal and private sector marketplace since the center was created five years ago.

The law that led to the center's creation — the Veterans Entrepreneurship and Small Business Development Act of 1999 — was well intentioned, but it had a void concerning entrepreneurial programs for veterans, said Scott F. Denniston, the center's director. The law calls for 3 percent of federal contracts to be

given to veteran-owned businesses.

"There was a void having to do with who was going to help veteran- and service-disabled-veteran-owned businesses break into the federal marketplace as part of the 3 percent goal," Denniston said during an interview at the open house. "We knew how to do federal contracting, because VA is one of the largest buyers of goods and services in the government. We're one of the largest buyers from the standpoint of not only dollars, but of actions and the breadth of products and services we buy."

Based on that expertise, VA decided to set up the Center for Veterans Enterprise, aimed at helping veterans break into the federal marketplace, Denniston said.

"We touch between 5,000 and 6,000 veterans a month," Denniston noted. "Most of those are people who call in or come and visit. We don't have the resources to track how many we actually help."

VA statistics show that 10 percent of the 23 million veterans in the United States are service-disabled. About

3.2 million veteran-owned businesses represent 14 percent of all businesses, according to the 2002 Census. VA officials said the 1992 Census reported that there were 4.2 to 5.5 million veteran business owners.

Denniston said Veterans Affairs is trying to lead the way in attaining the 3-percent goal.

"This year we're over 2 percent, one of the few agencies that did that," he said. "We know it's because of the efforts of the folks in the Center for Veterans Enterprise."

Denniston said the Defense Department is below 1 percent, but that all of the services are trending upward. For example, he said, last year the Navy awarded \$1 billion to veteran-owned small businesses.

"So the trends are going in the right direction, and we have a very aggressive outreach program with all the services, but particularly with the Army and Air Force," he said. "We've actually gone around the country and trained their contracting officers about the program. We also teach service-disabled veterans how to do business with the military services."

Veterans, including service-disabled veterans, often go into businesses based on expertise they gained in the military, Denniston said. "As an example, we have a number of businesses that are in information technology, communications and networking, environmental remediation, and guard services for men and women who were military police," he noted. "People who were Seabees in the Navy are in construction and architectural engineering. So there isn't a business type that veterans aren't breaking into. But most of it is based on their experience in the military."

The center's staff of 15 people fans out across the country to spread the word to active duty personnel and members of the National Guard and Reserve.

"Our goal is to make sure that when a veteran leaves the military, they know about the Center for Veterans Enterprise and the services we provide," Denniston said. "What's interesting is that the vast

Yard sale program begins April 1

Fort Carson Mayoral Program

Would you like to make a fistful of money from that gold mine of unwanted stuff?

The annual Fort Carson Mayoral yard sales begin in April. Yard sales are held twice a month from April to October, on the first and third Saturday of the month between 8 a.m. and 3 p.m.

Single Soldiers and military families (active or retired) that reside off post also have the opportunity to participate. On-post residents can set up in front of their homes, while single Soldiers and off-post residents can set up in the Beacon School parking lot.

The Fort Carson Mayoral Program, Directorate of Public Works Housing Office and the GMH Military Family Housing Office organize and coordinate yard sales with the help of the military police to reinforce the guidelines for the yard sale.

All residents and sellers must comply with the following guidelines:

- Yard sales are only held on days provided in the annual schedule.

- Residents must conduct their own yard sale.

- Individual occupants are responsible for trash control and removal to include all yard sale signs posted throughout the villages or post.



Photo by Pfc. Joann Kleinsmith
Irene Platt picks out toys for her child at a yard sale on Fort Carson in July 2005.

This will be accomplished no later than 5 p.m. on the day of sale. Citations will be issued for items left or signs that are not removed.

- Commercial organizations/individuals will comply with all regulations related to commercial solicitation. Contact the Army Community Service Financial Readiness Program at 526-4590 for specific guidance.

- Sellers are prohibited from offering for sale items such as, drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson, the State of Colorado or the federal government.

- Civilian visitors will comply with all Fort Carson regulations.

What should you do at the end of the day with leftovers? You can donate those

Dist. 8 all-day kindergarten registration begins April 3

Fountain-Fort Carson School District Eight

Registration for all-day kindergarten in Fountain-Fort Carson District Eight begins April 3 for any student who will be 5 years of age by Sept. 15 and who resides in the district.

Parents will still have the option to put their child in half-day kindergarten.

Early registration runs from April 3 to May 12. Parents may also register their child for all-day kindergarten during the regular registration window, May 15 to Aug. 4, however, those students registered after May 12 will be accepted into the all-day kindergarten program on a first come, first served basis.

Because Colorado only funds half-day kindergarten, there will be a tuition fee for those parents who choose to enroll their child in all-day Kindergarten.

Tuition fees for all-day kindergarten are: \$75 a month for students whose families qualify for free lunch; \$125 a month for students whose families qualify for reduced lunch; \$200 a month for students whose family does not qualify for free or reduced lunch.

The registration fee is \$75 and is due at time of registration. This fee is non-refundable. The registration fee will be credited to the last month's (May) billing.

Please contact the Fountain-Fort Carson District Eight Administration office at 382-1300 if you are not sure which school your child should attend. Otherwise call your home school for more information.

Registration packets will be available April 3 at all elementary schools as well as the school district administration building located at 425 W. Alabama Ave. in Fountain.

A Day with the General



Gen. Richard Cody, vice chief of staff of the Army, hands Pvt. Justin Peters three of his coins to hand out on Cody's behalf. Peters' third choice was Staff Sgt. Steve McGill, right.

Gen. Richard Cody, vice chief of staff of the Army, spent the day at Fort Carson

Story and photos by Spc. Clint Stein
Mountaineer staff

The Mountain Post was host to one of the Army's top generals Monday in order for him get a firsthand perspective on the restructuring efforts at Fort Carson and to personally thank the troops for their service.

Gen. Richard Cody, vice chief of staff of the Army, spent the entire day trying to visit as much of Fort Carson and its troops as he possibly could.

Events scheduled for Cody's visit had to be changed at the last minute due to the snowstorm that blew in Sunday night. Cody was supposed to be a part of the groundbreaking ceremony for the military's new Arrival/Departure Airfield Control Group at the Colorado Springs airport, but the ceremony was rescheduled. Also as a result of the inclement weather, Cody's UH-60 Black Hawk aerial tour of Piñon Canyon, Fort Carson's training maneuver site, was cancelled. But, despite the harsh weather conditions, Cody was still able to pack in a full day of events ranging from a command staff briefing, to observing Soldiers training, to re-enlisting a trooper.

Cody began his visit to Fort Carson with a briefing from some of the post's command staff. They discussed a variety of topics that included the progress Fort Carson has made building its infrastructure, the success of relocating the 2nd Brigade, 2nd Infantry Division, and the future transformation plans of the post and the Army. Toward the conclusion of the briefing, Cody gave a quick presentation of his own on the transformation projections of the entire Army and a close look at how the Army will be structured afterwards.

When the briefings concluded, Cody had lunch at Striker Café with several leaders of the 3rd Armored Cavalry Regiment. As Cody enjoyed his meal, he also enjoyed his conversation with the Brave Rifles troops. He said he was proud

of what the regiment accomplished in Iraq and is also proud of how they, as leaders, are helping to support the transformation of the Army. "What we're doing in Iraq is an important mission, but the transformation of the Army is just as important," Cody said.

After lunch, Cody looked in on Soldiers participating in a combat lifesaver course. At one point, Cody halted the training to stress to the Soldiers how important the combat lifesaver course is to all Soldiers today and to stay refreshed on what they learn. He explained that since the beginning of the war in Iraq, many Soldiers' lives have not been saved by medics, but by Soldiers who could perform first aid. Along with his training advice, Cody also gave all the Soldiers attending the course a coin of appreciation.

When Cody left the training site, he visited a 43rd Area Support Group motor pool and gave one Soldier much more than a coin. Staff Sgt. Clarence Sliger raised his right hand and took the oath of re-enlistment in front of Cody, who swore him in for another term. Sliger said when he decided to re-enlist, he had no idea it would be by the vice chief of staff of the Army. Until a week ago, Sliger said he thought he would be re-enlisted by a lieutenant that would happen to be available at the time. "It was something I'll never forget," Sliger said. "How often does somebody get a chance like that. It was a great experience."

Cody then spent the rest of his time in the motor pool visiting with the other Soldiers and mechanics. Cody made sure to shake the hands of everyone he came into contact with and to thank them personally for their service in the military. As Cody addressed the younger Soldiers, he said he's proud of this new generation of an all voluntary Army and hopes they will continue to do great things not only at Fort Carson, but throughout their lives.



Throughout the day, Cody gave Soldiers who have re-enlisted for five years or more a pocket knife as a token of his appreciation for serving during a time of war.

Staff Sgt. Clarence Sliger takes the oath of re-enlistment from Cody while Sliger's fiancée, Darcy, her daughter Kendra and his son Zachary look on.

Cody watches a Soldier insert a nose trumpet into another Soldier during a combat lifesaver course at Fort Carson.



Cody stops Soldiers from training at a combat lifesaver course long enough to talk to them about the importance of first aid and to thank them for serving their country in a time of war.



Cody, third from the left, spends the first part of his visit to Fort Carson meeting with Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, fourth from the left, as well as other senior leaders on post.



Cody prepares his plate at a buffet before sitting down to lunch with leaders of the 3rd Armored Cavalry Regiment at Striker Café.



Earth Day, Arbor Day happenings announced

by Susan C. Galentine

Directorate of Environmental Compliance and Management

In an effort to continue its long history of teaching environmental stewardship to future generations, the Fort Carson Directorate of Environmental Compliance and Management will host its 18th year of Earth Day events. Earth Day is celebrated annually April 22, which this year falls on a Saturday. Activities are planned for post schools April 17-20.

The theme for this year's celebration of Earth Day is "Sustain the Earth - Secure the Future." Activities scheduled include:

- A recycled grocery bag drawing contest for kindergarten through eighth grade students. The artwork is to depict the Earth Day theme.
- A poetry contest for grades 3-8, discussing the theme of "Sustain the Earth-Secure the future".
- An Earth /Arbor Day reading program at schools featuring volunteers reading the

environmentally-themed "The Lorax" by Dr. Seuss April 19-20.

• An Earth/Arbor Day School Fair at the Elkhorn Conference Center of Fort Carson April 17-18. There will be nine educational stations set up for classes on the following subjects: Endangered species; water conservation; value of trees; leave no trace; experiencing cultural resources; encountering wildlife; conserving and recycling; pollution prevention; wild-land fire management.

Outside agencies, including representatives from the U.S. Fish and Wildlife Service and Colorado State Forestry Service, will assist with some of the educational stations.

It is expected that approximately 1,725 students from Fort Carson and 600 students from schools near Piñon Canyon Maneuver Site will participate in events this year, which would represent a 13 percent increase in attendance over 2005 participation figures.

For more information about Earth Day activities or to volunteer, call the Earth Day coordinator at 524-4925.

Entrepreneur

From Page 24

majority of veterans that come to us are people that have been out of the military between seven and 15 years. They've made the successful transition from military to civilian life, and now they want to start a small business.

Denniston said that'lls be expected. "We don't get a lot of people right out the military who want to start a business," he noted. "Part of that is the majority of the military, particularly the Guard and Reserve, are married and need to provide for their families.

The other thing is we don't pay our veterans a lot when they're on active duty, so most veterans don't have a nest egg. They need to build up that nest egg in the civilian world and then come to us for entrepreneurial assistance."

The center has arranged discounts for veterans who want to get into franchise businesses. "We have 150 franchisers who offer a benefit to veterans that they don't offer to non-veterans," Denniston said. "Some discount fees, some have better financing, some have financing at lower rates, some offer more man-

agement and technical assistance."

Providing something extra for veterans is a requirement for franchisers who want to work through the center's program, Denniston said.

"When we established the program," he explained, "we said, 'We don't care what kind of benefits you offer veterans, but you need to offer something that you don't offer to non-veterans.'" In two years, we've put more than 300 veterans in business through franchising."

Denniston said the program is geared toward franchises with start-up costs of less than \$100,000, citing the issue of veterans not having a lot of money. "They're mostly service-oriented franchises, like home repair services, real estate appraisal services, rug cleaning, nursery care," he said. "Now we have some of the fast food restaurants. Our 100th franchiser was Exxon-Mobil for their gas stations and On-the-Run stores."

Danny M. Cobb, who started his business, Meridian Solutions, a month ago in Frederick, Md., attended the open house seeking ways to take advantage of the services available for disabled veterans.

"I'm in the consulting field as a subject-matter expert in the areas of container security for homeland



Out & About

March 24-31, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation
Visit us at www.ftcarsonmwr.com

Fort Carson Family Child Care



Stay at home with your children and nurture the hearts and minds of all children while earning money!

Benefits of becoming an FCC Provider:

- Free training on Child Development and Business Practices
- Free Child Care during training classes
- Free starter kit
- Free use of the toy lending library

Initial orientation is conducted the first Friday of every month from 9 am - 10 am at Child & Youth Services, Building 5510 on Harr Avenue.

For more information call

Fort Carson

Child & Youth Services - Family Child Care 526-3338/1108



FORT CARSON'S "HOMEGROWN EGGSPERIENCE"

April 8, 2006 · 9am- 3pm
Special Events Center, Bldg. 1829

Egg Hunt Bouncy Castle
 Food and Prizes!!!

for more information

526-4494

<http://mwr.carson.army.mil>

sponsored by:



cricket



April 4 - 8, 2006



Bldg. 2429
Specker Ave.
(Inside the Outdoor Recreation Complex)
For more information call
526-9723

SALE

Winter Items
15% - 20% OFF
Other Store Items
10% - 20% OFF

Includes Native sunglasses, rock climbing gear, hunting apparel, scopes, camping accessories and more!
Excludes items already on sale.



Turkey Creek Ranch
Fort Carson, Colorado



Saddle up for a trail ride:

Horses head down the trail five times a day Wednesday through Sunday. Trail rides are for riders 7 years of age or older.

Put your Buckaroo on a pony:

Young children ages 2 - 9 can ride for 10 minute increments to fit their attention span. Ponies are available Wednesday through Sunday from 1100 - 1500.

Turkey Creek Ranch

719-526-3905



Koshare Indian Museum ...

result of interest in American Indian lore by Boy Scouts, leader

Story and photos by Nel Lampe
Mountaineer staff

La Junta is just a small southern Colorado town that got its start as a railroad town. In fact, there's still a train station there. The Amtrak stops in La Junta on its way to the West Coast.

There's a museum in La Junta — the Koshare Indian Museum — that is worthy of a visit.

This museum came about in an unusual way — because of a Boy Scout Troop and its Scout leader, James Francis Burshears.



An Apache shirt with quill embroidery is in the Koshare Indian Museum.

Burshears wanted to inspire boys to stay active in Scouting and he also had an interest in American Indians. In an effort to combine his two interests, he organized a group of Scouts into what he called the “Koshare Indian Dancers.” In Pueblo Indian culture

a koshare is a character who behaves inappropriately in order to entertain, sort of a clown. Burshears thought “koshare” was an appropriate name for a group of Boy Scouts attempting to perform authentic Indian dances.

Traditionally, a koshare wears black and white striped clothing and face paint.

When the Boy Scouts perform as Koshare Indian Dancers, two or three Scouts take on the role of koshares, wearing black and white paint and black and white costumes.

Burshears was highly successful in his efforts to get the Scouts interested in Indian lore. The Scouts learned to perform tra-

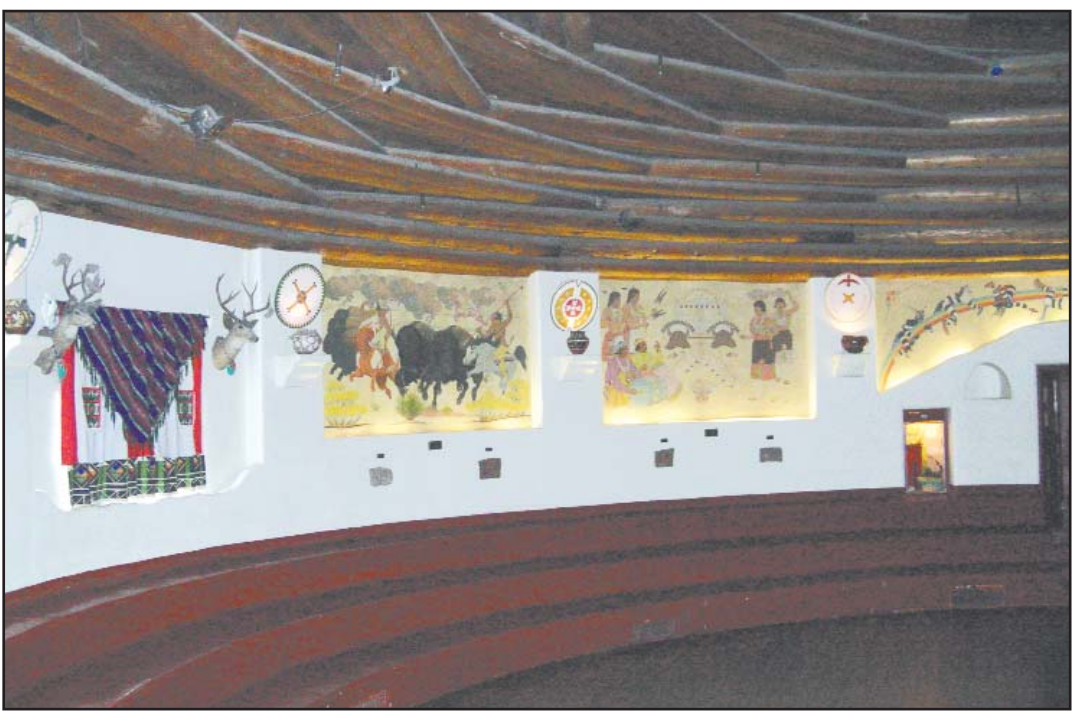
ditional dances and also learned Indian songs and Indian crafts and to make their own costumes.

The Scouts became very skilled at performing traditional dances and received requests for performances.

See **Koshare** on Page 36



The Boy Scouts portraying koshares pose with audience members after a performance.



Above: The kiva where the Koshare Indian Dancers perform has a roof made of 620 logs.



Left: The Koshare Indian Museum in La Junta is built in Pueblo style.

Harpoon's



Places to see in the Pikes Peak area.
March 24, 2006

Koshare

From Page 35

For 50 years Burshears led the Scouts as they became known around the U.S. for their authentic dance performances. The traditions Burshears helped start still continue under later Scout leaders.

The Koshare Indian Dancers have performed throughout the United States to sold-out audiences, performing about 60 shows annually.

Although La Junta Scout Troop 232 focuses on continuing the koshare tradition, the Scouts also participate in regular Scouting deeds and activities.

A testament to Burshears and other Scout leaders of the troop is the unusually large number of Scouts in Troop 232 who have become Eagle Scouts, the highest rank attainable. This Scout Troop has graduated almost 600 Eagle Scouts.

While Burshears was involved with the La Junta Boy Scouts and the Koshare Indian Dancers, he collected Plains and Southwest Indian art and artifacts, including jewelry, paintings, sculptures, baskets, weapons and textiles.

A place was needed to house Burshears’ growing Indian artifact collection. In 1949, a structure was built in La Junta that would provide a place for the Koshare Indian Dancers to perform as well as provide space for the Indian artifact collection.

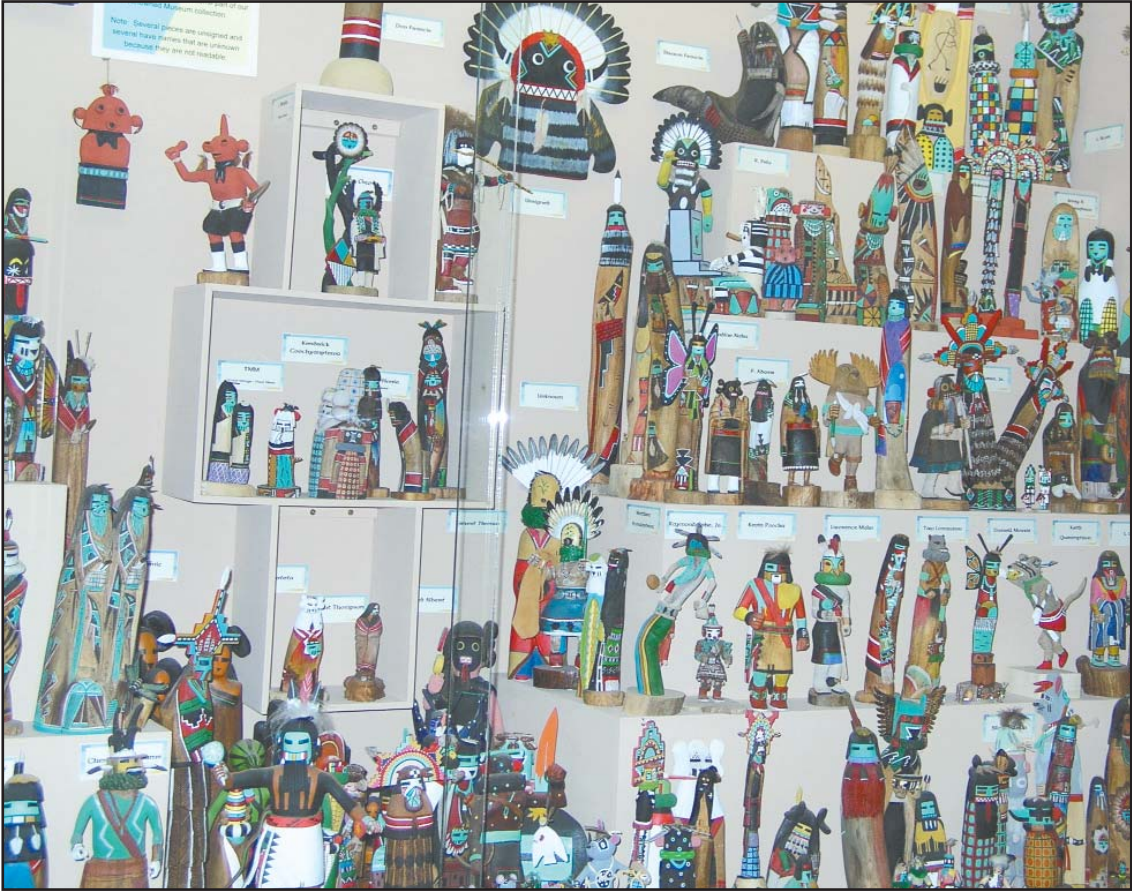
Patterned after a Pueblo, the building contains a ceremonial round room, called a “kiva.”

The La Junta kiva has one of the largest self-supported log roofs in the world. The roof weighs 80,000 pounds and contains more than 620 logs. The building is a state historic site and provides a place for the Koshare Indian Dancers to perform and also houses the Koshare Indian Museum.

In addition to performances around the U.S., the Koshare Indian Dancers schedule performances in the kiva, usually in summer and again at Christmas. Check the Web site, Koshare.com for a performance schedule or call (719) 384-4411.

The Koshare Indian Dancers use the proceeds earned by their performances to acquire more pieces for the museum collection.

The Koshare Indian Museum’s collection of American Indian art work and artifacts is



Left: A large collection of Kachina dolls was acquired by the Koshare Museum recently. The collection was formerly in Winslow, Ariz.

surprisingly large and impressive. The collection is displayed in three galleries and includes textiles, basketry, pottery, weapons, jewelry, sculptures, clothing and bonnets.

Some artifacts date from as early as 1000 to 1250 A.D.

The Koshare Indian Museum Library has hundreds of books about American Indians, open to the public for research.

Museum visitors may also visit the kiva where the Koshare Indian Dancers perform.

Before leaving the museum, stop at the Kiva Trading Post where goods such as pottery, kachina dolls, sand paintings and jewelry, along with post cards, souvenirs, pottery, books and videos are sold.

The Koshare Indian Museum is located on the Otero Junior College Grounds in La Junta. From Fort Carson, head south on Interstate 25 to Pueblo, take the Highway 50 Exit east. Go through downtown La Junta

to Colorado Avenue on the east side of town. Turn south on Colorado Avenue and go 18 blocks south. Take a right on 18th Street and park near the museum.

Museum admission is \$4 for adults and \$3 for students ages 7 to 17. The museum is open from 10 a.m. to 5 p.m. Mondays, Wednesdays and Saturdays during the winter as well as Sundays from noon to 4 p.m.

During the summer the museum is open daily. Near La Junta is the reconstructed Bent’s Fort, which operated in the 1830s and 1840s along the Santa Fe Trail and played an important part in the settling of the West. It is eight miles east of La Junta on Highway 194.



Right: Cradle boards from several Indian tribes are displayed in the museum.



Left: The Boy Scouts made their own headdresses for their dances.



Right: Intricate beadwork, made by Plains Indians, is displayed in the Koshare Indian Museum.



Just the Facts

- Travel time: Two hours
- For ages: all
- Type: Indian artifacts museum
- Fun factor: **HHHH**
(Out of 5 stars)
- Wallet damage: \$
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$50



Pikes Peak Center

Nickel Creek is in the Pikes Peak Center April 13 at 7:30 p.m. Call 520-SHOW for ticket information or go online at www.ticketwest.com.

“Oklahoma,” the musical, is in the Pikes Peak Center, 190 S. Cascade, March 29-30 at 8 p.m. Tickets start at \$32, call 520-SHOW.

Colorado Springs Philharmonic family series: “Ferdinand the Bull” is April 2 at 2:30 p.m.

David Sanborn is in the Pikes Peak Center April 27 at 7:30 p.m.

Call the box office at 520-SHOW or go online at www.ticketwest.com. The Pikes Peak Center is at 190 S. Cascade Ave. in downtown Colorado Springs.

Fine Arts Center

“The Creative World of Peter Max” is in the Fine Arts Center, 30 W. Dale St. The exhibit includes 356 portraits of heroic fire-fighters of Sept. 11. Tickets are \$10 for nonmembers; free for Fine Arts Center members. The Fine Arts Center is open Tuesdays through Saturdays.

Harlem Globetrotters

The Harlem Globetrotters will be in the World Arena April 9 at 2 p.m. Tickets start at \$17. Call 520-SHOW for ticket information or go online at www.ticketwest.com.

Casino night

A **“Casino Night”** is in the Special Events Center, April 29, 7-11 p.m. Sponsored by Fort Carson Officers’ Spouses’ Club and the Enlisted Spouses Charitable Organization, admission is \$8 in advance or \$10 at the door and includes a barbecue buffet and beverages. For information, call 559-7989 or 391-7665.

Dinner theater

“Man of La Mancha” is in the Country Dinner Playhouse at 6875 S. Clinton in south Denver. Call (303) 799-1410 for tickets for the dinner and show. Dinner begins at 6 p.m. and the show is at 7:45 p.m., Wednesdays-Sundays. Tickets start at \$38.

Flying W Ranch

The Flying W Ranch has dinner and a Western show in the winter steakhouse, open now through mid-May on Fridays and Saturdays. The menu includes steak cooked over an open fire for \$26; or trout, ribs, brisket or chicken for \$24. There’s a reduced price for children under 8. Go online to www.flyingw.com or call 598-4000. The Flying W is at 3330 Chuckwagon Road.

Denver museum

“Body Worlds 2: The Anatomical Exhibit of Real Human Bodies” is in the Denver Museum of Nature and Science through July 23. This exhibit shows bodies without skin in a process called “plastination,” so you can see muscles and organs and how they work. There’s a special charge of \$10 for this exhibit, but combination tickets are sold for the exhibit, museum, planetarium or IMAX. IMAX shows

include “Mystic India” and “Wired to Win: Surviving the Tour de France.” The planetarium shows “Black Holes.” Go online at www.DMNS.com or call (303) 322-7009 for show times and ticket prices. The museum is in Denver’s City Park at 2001 Colorado Blvd.

Fine Arts Center theater

“The Complete Works of William Shakespeare Abridged” runs through April 9, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at the Colorado Springs Fine Arts Center theater. Tickets are available from the box office at 634-5583 and are \$20 at the door.

Pioneers Museum

The Colorado Springs Pioneers Museum opens its exhibit **“Looming Large: The Artistic Legacy of Pikes Peak.”** featuring art works which include Pikes Peak. Several pieces are on loan from private owners and museums. The museum is at 215 E. Pikes Peak and is free admission. It’s open Tuesdays through Saturdays.

Joining Forces Day

Six Flags Elitch Gardens amusement park in Denver hosts **“Join Forces Day”** for military and families April 15, from 10 a.m. to 6 p.m. Tickets are available at the Information, Tickets and Registration office in the Outdoor Recreation Center. Event tickets are \$19 each, which includes a meal. ITR will run a bus that day for \$5 per person. Call ITR at 526-5366 for information. Tickets can be purchased at Six Flags in Denver, but the \$19 ticket at the door does not include lunch. Parking is \$10. Take Interstate 25 north to exit 210.

Mr. Biggs is open

Mr. Biggs Family Fun Center is now open following a fire that closed the facility for a few weeks. Mr. Biggs includes a large arcade, seen at right. The huge complex is in a former warehouse at 5825 Mark Dabbling Boulevard off Interstate 25 at the Rockrimmon exit. New attractions are open and everything's under cover in case of bad weather.

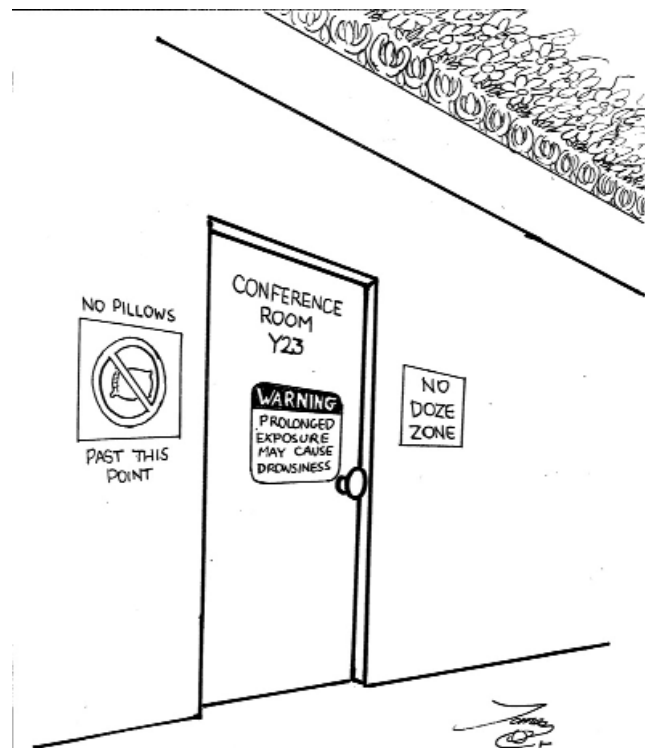
A special spring break passcosts \$30 for seven consecutive days' entry before April 1. Call 955-7220 for information.



Photo by Nel Lampe

Buster's Baghdad

by Maj. James D. Crabtree



SPORTS & LEISURE

Elite fighter ready for major challenge



Boyd Melson contemplates the important things in his life prior to competing at the U.S. Championships recently in Colorado Springs.

Story and photos by
Walt Johnson

Mountaineer staff

This is the first of a two-part series on an elite boxer who is facing a tough battle outside the ring while trying to earn a spot on the 2008 Olympic boxing team.

Boyd Melson, the World Class Athlete Program's 156-pound fighter, is one of the best fighters in the country in his weight class. He consistently finishes in the top three in the competitions he boxes in and is currently one of the favorites to represent the country in his weight class at the next Olympic Games in Beijing in 2008.

Melson has a dream of being a member of the U.S. contingent at the summer Olympics in 2008 and he is currently going through the grueling training that is needed to earn a spot on the team. He recently finished second at the U.S. Championships in Colorado Springs which means he is very close to achieving his dream.

Melson has achieved a lot in his

short life. He is a West Point graduate. He is a member of the Army's WCAP program and he is on the road to

getting his master's degree. He is currently preparing to win the biggest battle of his life, but he won't have much say in how the fight is carried out.

You would think that getting ready for a spot on the U.S. Olympic team would be the next step in his climb up the success ladder and the most important thing he has going in his life. That assumption would be inaccurate. Melson has another battle he is fighting, and that battle has nothing to do with the sweet science of boxing;

it has everything to do with the sweet science of love.

Melson is engaged to Christian Zaccagnino, a woman he says is the most beautiful person, inside and out that I have ever met. Zaccagnino is a quadriplegic. Her biggest goal in life (and Melson's hope for her, too) is to some day

See **Melson** on Page 46

Mountaineer Sports Feature

Aces

Bryan Rushing, right, Fort Carson Aces head softball coach, talks with members of the Mountain Post community who came out the first day for tryouts Saturday at the Mountain Post Sports Complex. The team will continue tryouts for the next three weeks as it begins preparation for the upcoming softball season in Colorado Springs and Colorado. Tryouts are being held from 9 a.m. to noon at the Mountain Post Sports Complex.



Photo by Walt Johnson

On the Bench

Bronco great brings teamwork message to post patrons

**Story and photo by
Walt Johnson**

Mountaineer staff

He still looks like he could stuff a hole on the football field and intimidate even the toughest person on a football field, but that isn't how Randy Gradishar, former Denver Bronco linebacker, is making key plays these days.

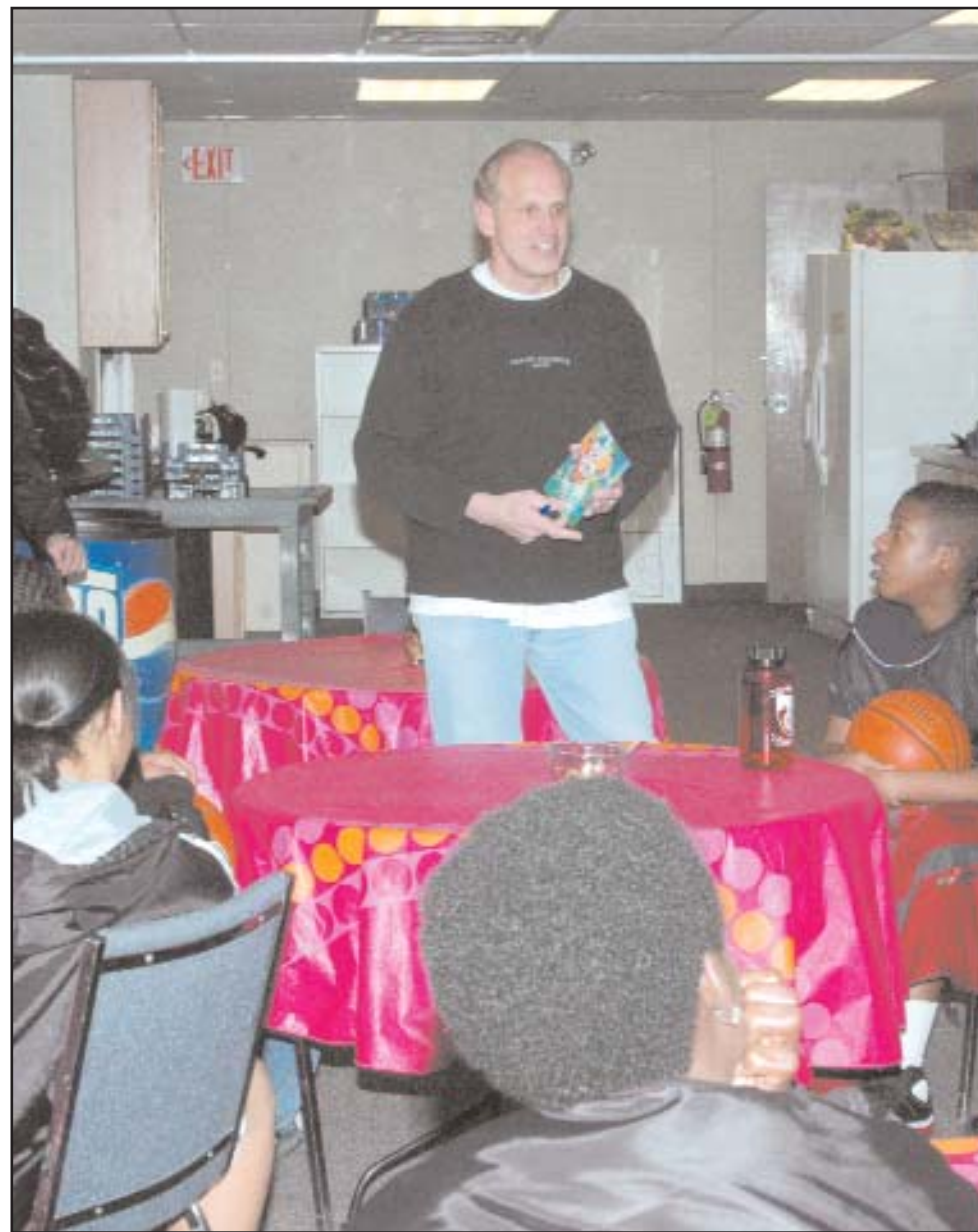
Gradishar has been a fixture around the Mountain Post in recent weeks as he has been at the Special Events Center to help welcome the troops home from Iraq. He also spent time March 18 talking to members of one of the post's 12-14-year-old basketball teams about teamwork and commitment to excellence.

Gradishar has been spending a lot of time showing Soldiers and their families that he is behind them all the way in the ongoing War on Terror.

"This is a great opportunity," he said, speaking to Soldiers and the

basketball team. "I've been involved (giving motivational speeches) ... and, on a personal level, visiting the troops in Iraq and Baghdad," he said. "I have been coming to the homecomings in the past couple of weeks as much as I could to welcome our troops back. Through that process of meeting people, a couple of people had asked if I would talk to a group of young people for a few minutes. So it's really pretty simple to have that opportunity just because of the relationship we have with Fort Carson," Gradishar said.

According to Bill Reed, Special Events Center manager, Gradishar's presence is an added bonus for the troops returning from the conflict in the Middle East and a welcome voice to the young people on post. He said Gradishar always has uplifting words of encouragement for the troops and he continued in that vein when he spoke to



Bronco legend, Randy Gradishar, center, former Denver Bronco, addresses members of the youth center's 12-14-year-old basketball team March 18.



Photo by Walt Johnson

Youth titans clash

The Suns and Jazz battled Saturday at the youth center to see which team would finish the season with only one loss. The Jazz won the game 20-17.

Bench

From Page 40

the basketball players about the values of school and team during a recent visit. Reed said to have a person of his stature coming here to greet the troops shows why the relationship between the city of Colorado Springs and the military is so strong.

For his part, Gradishar said he goes back to his upbringing and his experiences since high school as one of the reasons he feels so strongly about being at the post to welcome the troops home and passing on any bit of encouragement he can to the children.

As I look back, coaches, my parents, my grandparents were people that helped influence me. People influence you and they help mold you and shape you. I always felt if I had the opportunity to talk to young people and just give them my opinions and my thoughts, and I know they are getting the same message from coaches, their parents and grandparents, sometime it just sinks in a bit different when someone else, who in my case was blessed to have had the experience of playing in high school, college and 10

years with the Broncos, relates to them.

Hopefully I can help some young people understand the importance of staying in school, getting better grades and how to perform on the floor and on the field, Gradishar said.

The post intramural softball season is scheduled to kick off May 2 at the Mountain Post Sports Complex. Any unit interested in fielding a team should attend a meeting April 26 at 1 p.m. at the Special Events Center, bldg 1829. For more information on the intramural softball program call Lamont Spencer or Joe Lujan at 526-6630.

The Colorado Springs Sky Sox, the top farm affiliate of the Colorado Rockies, are about three weeks away from beginning the new Pacific Coast League season at Security Services Field in Colorado Springs.

This is going to be an outstanding year for the military at the stadium as many promotions designed to honor the military community are being scheduled. The Sky Sox will open the home season April 14

Mountaineer Intramural Sports

Shooting for gold

A Fountain-Fort Carson High School soccer team defender, number 5, attempts to beat a Cheyenne Mountain player, in white, to the ball during high school soccer season opening action March 14 at Cheyenne Mountain High School. The Trojans lost to the Indians, who are one of the top 4A women's soccer teams in the state at 10-0. The Trojans will open their home season April 4 when the team hosts the Widefield Gladiators at 4 p.m.



Photo by Walt Johnson



Photo by Walt Johnson

Battalion hoops

The post battalion-level basketball tournament is in full swing and teams are battling hard to win the title. The championship game is scheduled to be played Thursday. Full details of the tournament will be available in next week's edition of the Mountaineer.

Bench

From Page 41

when they host the Tucson Sidewinders, the top affiliate of the Arizona Diamondbacks.

The first big date to circle on your calendar, as far as military celebrations are concerned, is May 21 when the Sky Sox will host Fort Carson Appreciation Day. The New Orleans Zephyrs, the Washington Nationals top farm affiliate, will provide the opposition in the 1:05 p.m. game. Free tickets for military appreciation day will be available at the Information, Ticket and Registration office beginning April 21. If weather forces postponement of the May 21 game, the make up date is May 25 when the Sky Sox will host the Oklahoma Redhawks.

The post varsity softball team, the Aces, continue to hold practice sessions each Saturday for the next three weeks at 9 a.m. at the Mountain Post Sports Complex softball field. Brian Rushing, Aces head coach, is looking for dedicated softball players that are ready to compete at the highest level of competition in Colorado Springs and Colorado.

Here is the aerobics schedule at Forrest Fitness Center :

Monday: 9 a.m., Yoga; 5:30 p.m., 20-20-20; Tuesday: 6:30 a.m., Spinning; 9 a.m. Cardio Mix; 9 a.m., Spinning; 4:30 p.m., Yoga; 5:30 p.m., Kick Boxing; Wednesday:



Members of the Colorado Springs Rugby Club, right, and members of the Denver Highlanders Rugby Club battle for the ball during action Saturday in Colorado Springs.

Post rugby team gets season underway in Colorado Springs

Story and photo by
Walt Johnson

Mountaineer staff

The Colorado Springs Rugby Club, featuring members of the Mountain Post, dropped its season opener to the Denver Highlanders 65-3 Saturday in Colorado Springs.

The final score of the game may make it appear as though the team is not going to have a good season or

a good team, but coach Mike McMasters would be the first one to tell people they shouldn't jump to conclusions about this year's team based on one game.

Last year's team was a bit short on a lot of things, McMasters concedes, and coming into this season he and the team knew it would be an uphill climb to get to the competitive level they want.

One of the things the team wanted to work on was having a sound game plan for each contest. Another thing the team wanted to work on was eliminating the mental errors and defeatist attitude that plagued them last year. For the first game that mission was accomplished, accord-

ing
to McMasters.

III was impressed with the way the guys played today. They played with a lot of heart. We've worked really hard this season on fixing a lot of the errors we had last season. Playing last year I had the insight on what needed to be fixed from last year, so as the coach I had the ability to analyze what we did last year and create a relatively decent plan for this year to try to correct those errors.

When I first came in last year and we would get behind, we would get down on ourselves and we'd give up. Today we got down, no doubt about it, but we kept our heads high and we kept everyone in the game mentally. Overall, I am very impressed with the way we played today, McMasters said.

If you look at the score, you would think that the team was badly outplayed. But if you were at the game you would see that the Denver club took advantage of some minor breakdowns to end up with the margin of victory. McMasters said there are a lot of good to take from the game and some things the team will work on.



Boyd Melson, left, sizes up an opponent during action in the recently concluded U.S. Championships in Colorado Springs.

Melson

From Page 39

walk again. Melson is right in her corner trying to make that day become a reality.

This is not a story about a man who had a lifelong friend who suffered a terrible accident. Zaccagnino was a young woman when a twist of fate changed the direction of her life.

When I was 10 years old I was in my back yard with some friends. I was a diver, and every time I dove into my pool, which was four feet, I would dive in and skim the bottom with my stomach because I knew how to dive in shallow water. This particular day I wasn't supposed to be in the pool when my parents weren't home. About 10 or 20 minutes after we began swimming my mom came home and said, [you know you shouldn't be in the pool, but I'm home now, but no diving.] One of my friends looked at me and said, [is this diving?] and he jumped in the pool. I said, [no it's not.] I walked up to dive in, and I remember as I was diving, I said, [whoa. I jumped too high.]

I smacked my head on the bottom of the pool, broke two vertebrae and it left me para-

lyzed from the neck down, [Zaccagnino said.

Melson met Zaccagnino when he was a junior at West Point, and what started out as a night on the town became a night that neither one of them wanted to forget, though it didn't go as smooth as silk at first.

I was out with some friends for one of my friend's 21st birthday, [Zaccagnino said. That night a few guys came up to me, and I remember telling them I just wanted to hang out with my friends. As the night went on, we were all hanging out and dancing. My friends were all overprotective of me. Boyd saw me and walked over and wanted to dance with me. He looked at my friend and asked, [could I dance with her?] and my friend said no. I looked up at my friend and shook my head yes and she said to Boyd,

I think you should ask her.]

Then her friend looked down at her and she said yes, [Melson said

After that meeting, Melson talked with Zaccagnino the rest of the night and then talked to her